



Three Taft Apartments Burglarized Over Break

By Eileen Gulian
Staff Reporter

Like many times in the past, the question of dorm safety for students arises yet again. In the past few months Taft Commons has had three break-ins in three different apartments. All three apartments are located on the first floor of the building; they are apartments 104, 109, and 110.

Some may be wondering, who has keys to all of the apartments besides the students who live there? The security guards and public safety also have master keys to each apartment. This past week all locks to the apartments were changed and the keys were taken away from the security guards at Taft in hopes of no further burglaries.

Senior Jena Seiegriest, resident of apartment 104 said, "I feel so unsafe here, someone actually robbed our apartment by coming through the door with a key." Taft 104 was broken into over this past Spring break; their estimated cost of stolen belongings is \$2,060. The stolen items include DVD players, a Louis Vutton pocketbook, CDs, and shoes.

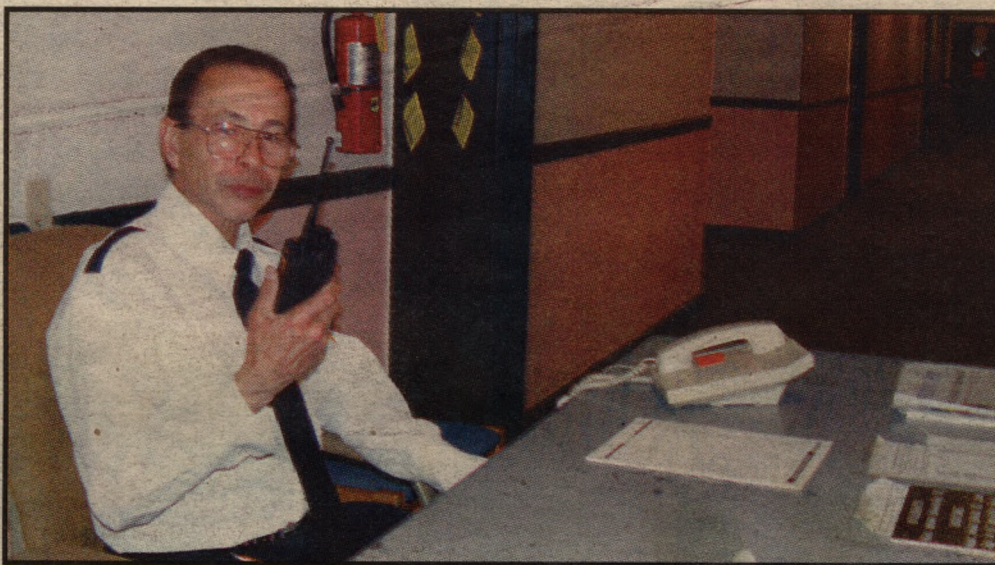
Junior Kristen Miro said, "When we came back from break our furniture was all rearranged, and our toilet seat was up."

Seiegriest and Miro feel that

"the University has not done anything to get to the bottom of this. Its amazing to see how fast the University follows up on alcohol violations, yet takes their time in looking into the burglaries." Seiegriest also said, "When I came here freshman year I felt that I wasn't a number in this small college. Now its not as personalized and the college is all about our money than ever before."

Taft apartment 109 had four laptops, one hundred dollars, jewelry, Nintendo Game Cube, and Playstation 2 stolen over spring break. Senior Matthew Cuevas from apartment 109 said, "This sucks, after traveling for nine hours we came home to this, it was such a hassle."

Cuevas' roommate Albert Tecci said, "I have been robbed before, it happens, but the way that it happened makes me very suspicious. The apartment's back door had no marks of entry so the suspect had to have entered through the front door with a key."



A Taft security guard, Jose Garcia, monitors the visitors entering and leaving the building.

Taft apartment 110 was broken into before the other two apartments and had their television and Playstation stolen. "The University is not planning to replace anything," said Junior Jennifer Hurtado.

Junior Michelle Contino (Port Washington, NY) said, "There were no signs of breaking and entering through our back door."

Taft has electronic keys to get into the front and back doors, and a security desk in which visitors need to sign in upon entering. Junior Meagan Walsh of Taft 105 said, "If the security guards were doing their jobs correctly then nobody would have been able to enter 104, 109, and 110. This

leads me to believe that the security guards could have been involved with the break ins."

Sophomore Resident Assistant at Taft Commons David Macala said, "I think the area is fine and it is not as bad as many people perceive it to be, however in regards to the break ins they could have been prevented if SHU had provided the building with better doors and locks that did not break all the time."

Students are also most likely wondering whether there will be another break in anytime

soon? Junior Christina Roy, resident of 105 said, "The apartments surrounding mine have been broken into, I am just waiting to walk through my door and see that my stuff is all gone; I feel unsafe all day long."

Jeanine Amato (Lynbrook, NY) said, "The school should be responsible for whatever is stolen including clothes, and personal belongings."

Will the University get to the bottom of these incidents or will they remain a mystery?



All Taft apartments received new locks to hopefully prevent any more break-ins.

Inter-Resident Council Wins Prestigious Honor

By Katie Fanning
Staff Reporter

"Our mission statement is to improve residents' lives through programming and leadership development." Colleen McCormick, president of IRC, or Inter-Resident Council, spoke proudly about her organization's goals. McCormick, a junior from Hicksville, NY and several delegates traveled to the Northeast Affiliate of College and University Residence Hall Conference at Ithaca College over this Spring Break. Sacred Heart was the host of this conference last year, and this year SHU's IRC chapter was awarded with the honor of "School of the Year."

Sacred Heart University's IRC is the governing body of resident council and hall council. You may know them as the organization that brought you SHU Idol, Midnight Breakfast and

most recently, Trading Spaces.

This honor is awarded to a school based on excellence in programs, leadership and dedication to improving the residential life community within an institution. Schools wishing to compete for this award place a "bid" at the conference, which describes a university's mission statement, structure, programs, budget, and goal achievement. Sacred Heart's IRC submitted their bid in competition with schools such as SUNY Geneseo and Syracuse University. "We felt Sacred Heart had a very good year with programming etc, so we felt confident submitting a bid," said McCormick. "Sacred Heart's IRC budget is a fraction of what Syracuse and Geneseo's are but we had far more programming. It says something when you can do more with less money."

The IRC attends conferences such as this one in order to meet with other colleges and universities to exchange information and ideas on fundraising, advertis-

ing, and programs. Participating schools present programs in order to share insight and experience with fellow residential councils. This year SHU presented a program on sponsoring an effective alcohol awareness week. "The object is to learn and take something back home with us," explains McCormick.

Since the award is designated annually to one school within New York, New England or parts of Canada, having won the regional "School of the Year" award, McCormick and members of the IRC executive board will be representing Sacred Heart University and the Northeast Region at the National NACURH conference on May 22 through 25 at North Carolina State University.

To learn more about IRC or to become a member of the Inter-Resident Council stop by a meeting in the West Hall Great Room on Wednesdays at 8 p.m. or contact Colleen McCormick at C-McCormick@sacredheart.edu.



Pictured above is the delegation from IRC who received the "School of the Year" award at Ithaca College.

Contributed photo

News Briefs

Attention Seniors!

Don't forget to submit your pictures to be included in the Senior Class Video by March 21. There will be a mailbox in Hawley Lounge labeled Senior Class Video so you can drop them off there. Put all pictures in an envelope with your name and number on it. The pictures WILL be returned to you.

Get Your Tickets Now

Tickets to see famed comedian Dave Chapelle are now on sale 11-1 p.m. in front of Flik and 5-7 p.m. in the Student Life office. They are \$15 for SHU students and \$25 for non-SHU. Tickets are selling fast so be sure to buy yours before the show is sold out!

Dance, Cheer and Winterguard Exhibition

Don't miss out on a exhibition performance by the SHU Dance Team, Cheerleaders, and Winterguard next Wednesday, March 26 at 8 p.m. in the Pitt Center. The groups will be performing their routines that they are competing with at Nationals.

Alpha Sigma Psi Sponsors CAP Week

Come see guest speaker Thelma Robinson talk about "Poverty in Today's Society" at 11:30 a.m. today in the Mahogany Room. The brothers will be accepting donations all throughout the remainder of the week.

Siblings Weekend

Be sure to join in all the activities planned for this year's Sibling Weekend, a "SHU-Waiian Vacation," with your brothers and sisters who come to visit SHU.

Plan for Life After SHU: Come to the Career Fair

By Maureen Daley
Staff Reporter

The Office of Career Development is holding the Spring Career/Internship Fair on March 27 from 1 to 4 p.m. in the University Commons. The fair

is an opportunity for Sacred Heart students to meet and network with employers from various fields, and possibly obtain a summer or academic year internship.

Career Development is expecting 75 to 85 employers from a variety of fields to attend the fair. Fields to be represented include healthcare, business, criminal justice, marketing and Non-Profits. "I think it will be a valuable opportunity for students of every major to engage in, and it will also provide students with an excellent forum to network with recruiters and fellow students," said Christine Davin, Assistant Director of Career Development. "Networking is critical in any job search, as a substantial percentage of quality positions are filled before being advertised to the

public," Davin added.

"There are so many different majors and careers out there. I think the career fair will help me figure out what I'd be getting myself into in each one," said sophomore Liz Bubbico of Norwalk.

The fair is open to all Sacred Heart University students, and

Cendant Mobility, Hall-Brooke Behavioral Health, The Kennedy Center, State of CT Judicial Branch, Connecticut Department of Children and Families, American Express Financial Advisors, Marketing Management Analytics, and several hospitals and police departments are a sample of employers who have signed up to attend the fair. "It seems like a really great opportunity for people to get an internship and gain experience," said sophomore Kristine Santacrose of Pawcatuck.

Students interested in attending the fair must sign up by March 24 with the Office of Career Development or online at <http://shu.erecruiting.com>.

Career Development must approve of students' resumes before the fair. However students without resumes are more than welcome to attend the career fair and browse. "It's good to talk to many different types of organizations to see what they have to offer," Davin said.

For more information contact the Office of Career Development through phone 371-7975, email careerdev@sacredheart.edu, or stop by their offices in Curtis Hall.



Contributed photo

A business representative from last year's Career Fair points students in the right direction.

professional attire is required. Sophomores in particular should attend the event because they "are solidifying their majors and beginning to explore career paths within these majors. Sophomores should start to prepare for internships for this summer or for the fall semester of their junior year," said Davin.

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Habitat Group Builds a House in One Week

By Diana Lumani
Staff Reporter

Thousands of college students are breaking with tradition this Spring Break by trading in their swimsuits and suntan lotion for coveralls and work boots as they use the holiday to volunteer with Habitat for Humanity.

Students from campus volunteered to visit one of the Habitat for Humanity locations from March 3-7 to hammer nails and raise walls as they build simple, decent and affordable houses in partnership with families in need through Habitat for Humanity International's "Collegiate Challenge."

Phyllis Machledt, Sacred Heart's volunteer coordinator, and 12 students from Sacred Heart University traveled to Cape Fear Habitat for Humanity in Wilmington, NC during the week of Spring Break.

Habitat for Humanity is an

ecumenical Christian ministry devoted to abolishing poverty housing. Founded by Millard Fuller, along with his wife, Linda, Habitat for Humanity and its affiliates in more than 3,000 communities in 87 nations have built and sold more than 125,000 homes to partner families with no-profit, zero-interest mortgages.

Other participating students from Notre Dame College in Cleveland, OH participated in building the home that was started and completed in five days.

The home was built for future owner Helen James. The group worked with the woman for two days. She is a single mom with two children.

The house built was not just given to James as a gift. She will have to work 400 hours to receive her home; nonetheless her mortgage is interest free.

"All students worked in Bridgeport habitat first. They have to work in their own neigh-



This group of students worked in North Carolina over Spring Break to complete the task at hand - build a house.

Contributed photo

borhood before they move elsewhere," said Machledt.

"Through my participation in the Habitat I learned that you can accomplish amazing things when you work hard and work together to help those in need," said freshman, Elizabeth Bangs from

Canton. "None of us knew what we were doing when we started, but by the end of the week we had built a house, basically by ourselves," said Bangs.

"This trip was one of the best experiences I've had in a long time. This trip was about learn-

ing, laughing, living, and loving," said sophomore, Melissa Knight, from Agawam, MA.

"My motivation to apply was something inside that led me in that direction and I listened to it, because for some reason I knew it would change me for the better. It seems like all of us were deeply affected by the week," she said.

"It was such a great feeling to see the results of our work, to see how much we were appreciated, and to have such a great time in the process. I got to meet some incredible people. I learned some new building skills, and got to visit a new place. It was an awesome experience and I can't wait to go next year," said Bangs.

Haqq Sheds Light on Islam

By Sarah Keller
Staff Reporter

A Shaykh delivering a sermon in front of a crucifix: This was the site to be seen in the University Commons on Thursday March 13 as students and faculty from Sacred Heart University gathered to hear Shaykh Abdul Haqq offer his reflections on the essence of Islam. The aim of the presentation was to offer members of the SHU community "... a chance to increase your understanding of Islam, the world's second largest and fastest growing religion, especially as it is lived in the United States," explained Brian Stiltner the events coordinator, in his opening remarks. Although the majority of the audience did not follow the religion of Islam, Shaykh Abdul Haqq said that it is important for all peoples to understand one another because "... despite our differences all of us come from the same route."

Haqq grew up in Chicago and attended Southern Illinois University and later Roosevelt University to study journalism. After school, he married and ran a successful business while raising his family but still he felt that his life was incomplete. He was determined to find someone who could guide him to his true calling. After much reading, traveling and meeting with different teachers and groups he met the Sufi Master Mawlana Shaykh Muhammad Nazim Adil Al-Haqqani from Cyprus. In 1978, he was initiated into both the religion of Islam and the Naqshbandi Haqqani Sufi Order. Today, Haqq

continues his spiritual training under the guidance of Shaykh Nazim Shaykh Hisham, and speaks at their behest to interested groups about Islam. Currently

of many faiths and philosophies across the country.

Haqq spoke about the religious teachings of Islam from the scriptures and what many of his religions textual beliefs are. He also addressed his views on the current situations between warring countries. "This world has always been in chaos, there is always this fighting, burning hatred." In his opinion, "You can't find one square inch of territory that hasn't been painted over many times by the many different colors of different countries." He believes all this fighting for territories stems from "nations, religions and belief systems fighting among themselves."

Contributed photo

Shaykh Abdul Haqq offered his ideas about Islam.

serving as National Director of the Naqshbandi Haqqani Sufi Order of America, he recently presented traditional Islamic teachings on CBS's "On Holy Ground" and on Oprah Winfrey's "Islam 101," with an appearance also on CNN. He has been a frequent contributor of feature articles to The Muslim Magazine and has traveled extensively to gather material of interest from around the Islamic world. He has spent the last ten years lecturing on Islamic spirituality at institutions of higher learning throughout North America including University of Chicago, University of California at San Diego, and University of Michigan, as well as at numerous spiritual centers

According to Haqq, the reason this fighting continues to happen is because "very few leaders are calling their people to believe in their creators." He thinks the way to peace is for humans to surrender their will to God and said, "When you surrender to God's will, God makes openings for you." And according to Haqq the only way for peace is if we "... reach for peace in the middle of our hearts, God will make an opening for peace even in chaos." The answer to war according to Haqq is to reach for peace in our hearts.

Founder's Day Honorees

By Marisa Ierardi
Staff Reporter

Sacred Heart University hosted its 40th anniversary Founder's Day Celebration on March 19, in the William H. Pitt Center. The celebration is an annual event that takes time to honor the founding of the institution and our faculty members and staff who have been a part of this university for 15, 20, 25, 30 and 35 years. Following a luncheon in which the whole Sacred Heart University community was invited to attend, then gifts were presented to faculty members and staff at the awards ceremony.

"It's always a fun time. It's great to see colleagues honoring their colleagues for their achievements and contributions," said Dr. Donna Dodge, Vice President for Mission and Planning.

A musical presentation by the SHU Center Stage was also a part of the day's festivities. Reverend Gustavo Falla also celebrated Mass at 8:30 a.m. in the University Chapel for the intentions of the honorees.

Edward Donato, Associate Dean of University College was honored for 35 years of service.

William Gnewuch Assoc. Professor of Biology, Michelle Loris Professor of English, and Christina Taylor Assoc. Professor of Psychology were awarded for their 30 years of service.

David Bike Head Coach Men's Basketball, Michael Bozzone Dean of Freshmen, Raghunath (Shashi) Date Professor of Management, John Jalbert

Professor of Philosophy, Richard LaTorre Assis. Professor of Mathematics, Carol Pappano Adjunct Assis. Professor of Mathematics and Sheryl Madison, Administrative Assistant were all honored for 25 years.

Those recognized for 20 years are James Durso, Jr. Adjunct Assis. Professor of Philosophy, Dhia Habboush Professor of Chemistry, Luchan Orłowski Professor of Economics, Danny Pannese Assoc. Professor of Accounting, Frederick Sailer Director of the Edgerton Center for the Performing Arts, Nancy Sidoti Interim Dean of University College, and Nancy Whitmore Accounts Payable Supervisor.

Joseph Carter Adjunct Instructor of Music, Anthony Cernera University President, Frances Collazo Director of Academic Advisement, Allie DuBose Administrative Assistant, Jeanne Galog Administrative Assistant, Nicholas Giaquinto Head Baseball Coach, Alma Haluch Nursing Department Assis., Pear Jacobs Assoc. Professor of Criminal Justice, Lois Libby Assoc. Professor of Education, Stephen Lilley Assoc. Professor of Sociology, Lori-Jo McEwan Programmer/Analyst, David Nichols Adjunct Assis. Professor of Education, Gloria Pazmandi, Administrative Assistant, Gerald Reid Assoc. Professor of Sociology, Madeline Sanfilippo, Assistant to Department Chairs, and Jena Schaefer, Executive Secretary all received awards for their 15 years of being a part of Sacred Heart University.

Dr. Young... Not To Return?

Dismissal Sparks Concern Among Faculty

By Mark Stanczak
Staff Reporter

In a letter delivered via certified mail to her home on March 3, Dr. Sandra Young was informed that she would not be reappointed for the '04-'05 academic year. Young, an Assistant Professor of English, is a probationary faculty member in her fourth year of a six-year tenure track. President Cernera's decision, made with consideration for the recommendations of the Vice President for Academic Affairs and the Dean of the College of Arts and Sciences, reached Young during Spring Break. She was surprised to discover it while going through the mail and talking on the phone with a friend.

"My first reaction was that I screamed," reflected Young. "Actually, what I first got was the card saying I have a certified letter. I said to myself, 'What is Sacred Heart sending me a certified letter for?' So I tore into the envelope – and I'm still on the phone with my friend – and I just sort of screamed. And then I said I need to call David [Curtis]," she recalled, referring to the head of her department.

The decision was unexpected by many in the University including Dr. David Curtis, chair of the department of Language, Literature, and Media Studies. "It very clearly states in the Faculty Handbook that the President shall consult with the faculty of a discipline before this type of decision is made," Curtis observed. "There was no consultation. This came out of the blue."

Dr. Thomas Forget, Academic Vice President, refrained from commenting on Young's non-reappointment. "With regard to Dr. Young's case, she has begun the process of a grievance through the Faculty Affairs Committee of the Faculty Senate," he remarked. "Her having begun that process, I think it is prudent for me to be quiet about the matter otherwise." Forget also declined to discuss the reasons for the President's decision.

Curtis said he received two explanations for Young's dismissal over the phone from

"upper level" administrators, whom he did not name. "One reason given was that Dr. Young was not performing as well as her peers," he said. "The other reason given by another administrator was that Sandra was not making satisfactory progress towards tenure." Curtis expressed concerns that Young's positive annual evaluations may not have been considered. He believes that the administration did not follow proper procedure, as outlined in the Faculty Handbook, in her dismissal. "The bottom line for me... is that this is an arbitrary decision that was made without conformity to written standards."

The letter Young received did not reveal an official reason for her non-reappointment. Section 3.13.3.1 of the Faculty Handbook, which describes the dismissal procedure for probationary faculty, states that "non-reappointment is not a dismissal for cause," and "it is not necessary for the University to set forth its reasons." The same section also grants Young the right to request those reasons be given to her "in writing." Young claims her request for a reason has not yet generated a response from the administration, as of the date of this publication.

The Faculty Senate, a representative body composed of peer-elected faculty members, met on Wed, March 12, to discuss the implications of Young's non-reappointment, among other issues. The meeting was closed to non-faculty.

Dr. Roberta Staples, Professor of English and Vice President of the Faculty Senate, described the dismissal decision as tantamount to "a breach in the contract between the faculty and administration. The faculty is very concerned, as well should we all be."

"It's not just Dr. Young. I don't want to give the feeling that we are fighting for one faculty member," said Prof. Babu George, President of the Faculty Senate. "We are fighting for the [rights of the] entire faculty, tenured and non-tenured."

Young is Secretary of the Senate and responsible for recording the meetings' minutes. During a meeting several months ago, a disagreement between Forget and the Senate arose over

Young's method of recording.

"The VP wanted to change the minutes' [format] several times," said George, who believes this disagreement between Forget and Young was related to her non-reappointment.

"Can I absolutely prove it?" he asked. "No, but do I feel it? Yes, I feel very strongly that her position in the Faculty Senate jeopardized her job."

In his reaction to this statement, Forget appeared shocked. "I don't know how to respond to that except to say that it's ludicrous," he replied. "That's ludicrous, I don't know what else to say."

"Issues arose over the accuracy of the minutes," recalled Staples. She described the situation as "very long and involved," but was reluctant to speculate as to whether it affected Young's non-reappointment. "I would like to not think so, but...at this point anyone can only speculate as to the reason."

Young plans to appeal her non-reappointment by applying for a grievance hearing from the Faculty Affairs Committee of the Faculty Senate. "They decide whether or not I have merit for a grievance," she explained. Staples commented that before the Faculty Affairs Committee can consider a grievance, there is a 30-day "cooling off period" during which Young must attempt to resolve the issue informally.

Curtis, Staples, and other senior faculty scheduled to meet with Dr. Cernera yesterday in an attempt to have the decision overturned. A similar meeting scheduled for earlier in the month was snowed out.

At the time of printing, the outcome of this meeting was unknown. However, a reliable source close to the issue had reason to believe that Young's non-reappointment would be rescinded.

Dean Paolini's office responded to an interview request with the statement: "Dean Paolini is not able to comment on Dr. Young's situation at this time." Dr. Cernera declined to comment on the issue as well. At press time, this was the most updated information available to The Spectrum.

Students Speak About Young's Dismissal



Photo by Susan Magnano

Pictured above is Dr. Young, for those who do not know her.

By Keri Nastri
Staff Reporter

With the announcement of Dr. Sandra Young's termination, for not yet known reasons, there has been various student reactions to the shocking news.

Young has been a teacher at Sacred Heart for four years. Her courses include advanced composition, rhetoric, and developing a writers' voice. Young teaches disciplines which cross from English to Communications. She is also the advisor for Horizons, which is Sacred Heart's Literary Journal. Since Young teaches in the two disciplines she has come into contact with students from many majors.

Senior English major, Alyssa Paolucci from Sudbury, MA spoke highly of Young as both a professor and role model. "I have never met a professor more caring and committed to her students. Whether it be academically and personally, Dr. Young takes great interest in the well-being of her students, past students, and advisees," said Paolucci.

Tom Ferguson, a senior from Manchester, CT credits Young with his decision in choosing his major. "I have had Dr. Young as a teacher for three semesters and she has helped me not only improve my writing, but helped me build confidence in my abilities as a writer," said Ferguson.

A sophomore, Ray Wronski, from Hamden, CT said, "She motivated students to get involved, was extremely knowledgeable, and was able to relate the literature being learned in class to the students everyday lives; connecting the readers to the authors message."

In a similar comment, senior John Antignani from Trumbull, CT said that, "Dr. Young is a truly competent, caring, professional who always has the interest of her students."

Another student, Senior Stefano DiSorbo a media studies major from Hamden, CT may not be Young's number one fan, but overall his experiences with Young have been positive. "Although her feminist views often shine through in many of our class debates, as a male student, she forced me to acknowledge and try to understand all perspectives on one topic," said DiSorbo.

Being that Young advises the staff of Sacred Heart's Horizons, she has worked with many students in the art department. Liz Spear, a junior from Newburgh, NY, said that she

is, "outraged and it's ridiculous. I have never had Young as a professor, but through Horizons I have gotten to know her well and enjoy working with her."

Not only has Dr. Young challenged her students to become better than they are, and not take the easy route in their academics, she has left a permanent mark on their lives. "She has inspired me more than she knows and continues to be a driving force in my life," said Paolucci. Similarly, Ferguson said that, "She opened up a whole new world of opportunities for me, introducing me to Horizons, for which I am now an editor for the second year, and advised me on an independent study, writing my first short novel."

Although they come from different Sacred Heart majors, these students are all in agreement that Dr. Young has dared these students to push themselves to discover not only their own literary voices, but who they are as individuals.

Junior, Lillie Orellana from the Bronx, NY had Dr. Young first semester her freshman year. She said, "It's unfortunate that we are losing her, I really liked her as a professor. She was challenging, but brought excitement to the classroom. Most importantly for me was that she made my academic transition easier during my freshman year."

As a full-time faculty member Dr. Young is required to be an academic advisor to an assigned group of English majors. One advisee, Michele Walker, a senior from Paramus, NJ said, "Dr. Young was very helpful and knowledgeable when it came to helping me plan my schedules and fulfilling the requirements for my English major." Walker also has had Dr. Young as a professor and said, "In class she raises intelligent conversation about topics relevant in today's society, as well as important past events."

On the issue of her termination these students feel that losing her as a professor would have a detrimental effect on the English department and the student body as a whole. "The loss of Dr. Young's enthusiasm and knowledge will stand as a great injustice to both students and faculty," said Paolucci.

"I hope that whatever final decision the administration decides on, they take into account how much of a positive impact Dr. Young has had on the students here in her first four years. It would be an incredible loss if the university let her go and I would hate to see it happen," said Ferguson.

Quick moves from SHU to MSG; hosts "High School Weekly"

Continued from page 5

or reporting and push us to get up there in front of everyone and do it," Quick added.

His inquisitive personality compiled with not having a fear to approach anyone with new ideas led him to his continuing success as a sports reporter. He realizes that each experience that he has encountered has cleared the path to help him

reach where he is today. For Quick, just as all the experiences in his life happened for a reason or at the right time, one experience he remembers from Sacred Heart allowed Quick to focus on his goal and make it to where he is today.

Quick had been cut from the baseball team in September of '82 his freshman year. "That was the best thing that could have happened to me. I would

have been focusing all my time and attention as a member of the team and on the road with the team and would have never had time to take the internship I had taken or focusing on getting into the world of sports," Quick said. "I was devastated but all the things that happened in my life have happened for a reason," Quick added. "All the experiences I encountered brought me to where I am today," Quick

University Alumnus Hosts Original MSG Show

By Jennifer Jensen
Staff Reporter

From an undergraduate Media Studies major, to an internship, which landed him the job as a cameraman and then moving into the world of MSG Sports with his own show, Mike Quick, from Norwalk, took the real world by storm. After graduating from Sacred Heart University, Quick jumped right into making his dream come true. Quick's experience at SHU within the Media Studies department allowed him to experience the tools of the trade first hand. "The motto seemed to be, if you do not learn something the way you had hoped, do it again and again until you do," Quick said.

A Connecticut native his whole life, Quick is now the host of his own show and an active participant with many productions working at the MSG network. Not only is he the sportscaster, but he also produces and makes executive decisions pertaining to his show. He is one of the few that set up and break down their own set in the small studio in Madison Square Garden, which also hosts two other sports related shows.

As he entered his senior year of college, Quick applied for an internship at News 12 Cablevision in Norwalk. He was also offered a paying job during the time he was to put in hours for his internship. The catch was he could take the job, but then he would lose the credits that would go toward his major. He impressed them so much that they lined up a job for him after graduation. The result landed him an unpaid job during his last semester so he could get the credit. After graduating he began his career at Cablevision in Norwalk with a paying job. "For me, this was a beneficial way to end my senior year, with an internship at Cablevision and such a great way to get my foot in the door," Quick said.

He took full advantage of his job as a studio camera operator and as the ENG sports cameraman with no prior experience. Although he had some knowledge of how to use a camera, but had never had any actual experience with using cameras, Quick still wanted to participate with an assignment that was on the network's agenda. Most others at the station never knew that Quick really did not know how to use a camera, or that he ever had a job as a cameraman. His drive for learning new things and his hope to stay involved

with a possible event that could be very beneficial in his line of work, kept Quick quiet.

The crew was to head to Yale University to shoot an interview between a major league baseball commissioner and a sports reporter. "Luckily, for me there was an ironic twist and the commissioner did not show. This gave me time to learn all the things about operating a camera I was unsure of. I began to ask questions to all the other cameramen around and with that I learned all the rules and directions of how to operate a camera," Quick said.

While working at Cablevision, Quick took another step toward working from the bottom to make it to the top after he saw a sideline correspondent on one of his assignments as a cameraman. He went to Cablevision and proposed the same idea. The idea was a success and Quick was announced as the new high school sideline reporter for basketball and football telecasts.

He advises that "you have to get out there and experience it all yourself. Do not be afraid to critique yourself. Do not be afraid to ask questions. Constructive criticism is good in this field of work."

Quick then went on to become a freelance reporter at

weekly during the 11 p.m. edition of MSG's "SportsDesk."

"High School Weekly" features are very beneficial in the society in which we live today where most of the news is negative," Quick said. One reason he appreciates highlighting high school sports on MSG comes from the realization that high school students are being

of how huge the network really is," he said.

Other noteworthy productions that Quick has participated in are as a feature reporter for the "St. John's Report" which brought together the St. John's, Seton Hall and Rutgers head basketball coaches together for a round table discussion on college basketball. This show became known as "Metro Hoop Scoop." For the tenth time last year, Quick served as an analyst for MSG's coverage of the PSAL High School Basketball Championship game played at Madison Square Garden.

Quick also

provides commentary for the network's coverage of the New York City high school football championships and Outback Steakhouse Bowl (NY/NJ High School all-star game). Quick's Gil McDougald feature for the Yankees pregame show in July of 1995 was nominated for a New York Emmy for an "Outstanding Sports Program."

Quick attributes his success to producing "The Crusade," his most prominent and outstanding feature documenting a 90-minute all access look at the Bergen Catholic High School Football team's 2002 season. "It is awesome when something you do pans out in a way like this documentary did. This documentary was great because I did not give my own opinion and you probably hear my voice for a total of two minutes, adding in voiceovers that were needed," Quick said.

Although the feature only airs those 90 minutes of footage, the process of filming took place from August 23rd to December 8th of 2002, and they documented 133 hours of footage. "The process was time consuming and consisted of following them to their doctor visits, team meetings and everything that goes on during the course of training. At times it was an awesome experience but at the same time sometimes you feel, 'why are we doing this?'" Quick said.

"It is neat when something you do pans out in a way like this documentary did," Quick added. To some of the critics, "The Crusade" which is a documentary became known as a movie, which airs on MSG repeatedly now.

"I could have never had both these productions come together at the same time without Gene Golda, my assistant producer. Credit has to be given where credit is due. The thing I am most proud of is how we

managed to handle both, 'High School Weekly,' airing on time during each week, and documenting 'The Crusade' at the very same time," Quick added.

Gene Golda was the man who stayed behind in the studio, while Quick and the crew were out on the road documenting "The Crusade," to make sure "High School Weekly" was ready to go for taping and everything was put together for each segment that was necessary.

Quick's most humbling experience is not seeing him on television but rather meeting the high school athletes and documenting their life on television. It was his meeting with Fox Beyer in May of 1997, a student athlete from Chatham High School in New Jersey, that this came to him. Fox Beyer was not your average athlete. He was a child who grew up with cerebral palsy, never allowing that to limit anything he wanted to do in with his life.

Baseball was life to Fox Beyer and as a pitcher he had accomplished what most people did not realize Fox could do. "Meeting him was the most humbling experience because never in my life had I met anyone like him. His face lit up every moment of each game he saw or played in. The game he finally got to play as pitcher allowed him to showcase his talent. He had a five hit shutout and pitched a complete game shut out," Quick said. For Quick, experiences like this are what make it all worthwhile.

Fox gave his game-winning ball to a child who came to see him in a game who also had cerebral palsy. Fox is a huge fan of the Yankees and Quick made some phone calls and had made his dream come true on July 15th when Fox was allowed to pitch in the opening game for the NY Yankees.

Quick attributes his interest in pursuing a career in the world of sports to his fourth grade teacher at Brookside Elementary School in Norwalk, CT. "Ms. Fontane is the person who made me realize this is what I wanted to do with my life. I had been talking to a friend about Doctor J. during class time and Ms. Fontane stopped teaching the class at that moment to tell me that if I wanted to talk sports all day I should become a sportscaster. I looked up and said, 'that is what I want to do' and that is exactly what I did," Quick said.

Quick attended Sacred Heart when it was a commuter school. He remembers Professor Rees, an English professor "who truly knew how to bring the best out of her students," Quick said. "She would take a student in the class who wanted so badly to be able to talk in front of other people or who wanted to go into the world of sports casting and

See "Quick," page 4



Contributed by Mike Quick and Mason Jacobs

Quick poses with Heisman Trophy winner in 1998, Ricky Williams.

acknowledged on the news for all the wrong reasons.

"Anyone can make it today in this world. You have to have a drive focusing on your passion for something, not the amount of money that you will make," Quick said.

Quick also has many other projects and productions that add to his resume. After being added to the staff, he began his career at MSG as a senior reporter, field producer and associate producer for the "Coca-Cola High School Sports Week" show in 1987. He also worked with Greg Gumbel from 1987-89 and Al Trautwig in 1990 and 1991. His ambition and efforts led to several New York Film Festival awards and a New York Emmy in 1988 in the "Best Informative Series" category.

"Ninety-nine percent of the children that are on television are shown for all the wrong reasons. With this half hour show, it brings forth hopeful sports athletes out there in the

world for all the right reasons," Quick said. The show also exposes athletic students who use their time in high school productively while balancing academics and sports and covers the high school games.

"The media sometimes overlooks the things that these high school athletes are doing. Coverage from MSG, in the biggest sports city in the world, is truly amazing," Quick said.

Quick feels very privileged that the network allows him to keep the show going which "is even more phenomenal because



Contributed photo by Jennifer Jensen

SHU Senior Lisa Schneider (White Plains, NY) meets with Quick on the set of "High School Weekly."

MSG in August of 1991. His name was added as part of the staff at the MSG network, where he brought forth a new edition of the show, "High School Weekly" created by Quick. The show highlights high school athletes, coaches and sports teams.

The show came to fruition in 1997 when MSG added the show to its network and has since become a regular show to this day. The half hour show airs every Wednesday night at 11 p.m. with repeats on Thursdays at 6 p.m. and Saturdays at 10 p.m. His high school report also airs

SHU Security Under Scrutiny

As most Americans know by now, the United States government has developed a system of warning their constituents of the level of danger in the country. This system consists of series of meaningful colors that correspond with how threatened the public should feel. Orange means high, yellow is elevated, blue implies an invasion of Smurfs and green indicates the possible return of Godzilla.

These colors, of course, mean absolutely nothing to the general public. Most of the people trained by our country to deal with a terrorist threat are either: A) busy helping our country eliminate the terrorist threat, or B) busy being a terrorist threat. Nonetheless, the public seems to have adopted this spectrum of danger, and they respond in accordance to its demands.

An example of this can be seen at the front gate of Sacred Heart University. In accordance with the "orange" terror status our country announced in February, Public Safety started screening the people who enter our little campus. Each member of the university, student and staff, is required to show an I.D. or parking pass at the campus entrance.

The problem is: it doesn't work. Dozens of people drive into the university on a daily basis with no more identification than a driver's license, and rightfully so. We have guest speakers for classes, prospective students, deliveries, families, lovers, friends, dogs, cats and goldfish all entering out school in a constant stream. How does a guard decide who to let in and who to leave out?

Even if the university did decide to crack down on incoming cars, the results would do more harm than good. Our entrance can barely hold more than two cars; Sacred Heart would be backing up traffic all the way down Park Ave. Students and faculty would be even later to their classes and appointments than the parking situation has all ready made them.

What if, Heaven forbid, somebody did come into our humble university with a "weapon of mass destruction," or something of that sort? How difficult would it be to get it past the front entrance? Surely it will take some sort of ingenious apparatus to hide the explosive package. Like a blanket. Or a plastic bag.

Of course, not everybody with an exploding device is as intelligent as all that. Perhaps the bomber left his house in a rush that morning, and forgot to hide the ticking, vibrating, assemblage of chemicals and wires under a blanket. Then, maybe, if the guard decides he kinda, sorta probably should approach the car, he'll spot the problem for sure.

At this point, what is he supposed to do? Is this poor guy armed? Will he ventilate the

terrorist with his gun? Bop him with his billy club? Season him with his pepper spray? Perhaps. It seems more likely that the car will just roll over the guard's foot and continue on its way.

Sacred Heart's campus is tiny, and an explosion would not need to be strategically placed to harm a large amount of people. Any reaction the guard might have would be too late. He can call the FBI, the Police, even another public safety officer, but none of them will arrive before the armed car reaches a building or a parking lot. Any comfort our school can offer would be nothing more than a false sense of security.

"What if, Heaven forbid, somebody did come into our humble university with a 'weapon of mass destruction,' or something of that sort? How difficult would it be to get it past the front entrance?"

I then checked into Fairfield University's recent security statements before I wrote this letter. There I found an article on how the FBI encourages colleges all over the country to beef up security. I then sent Fairfield U an E-mail thanking them for posting that information.

I felt like I understood the attempt at security a bit better, but, again, it isn't much of an attempt. This issue draws numerous parallels with our government, and how they treat the public like mindless followers.

I may not be very proud of the actions of our country right now, but I am sick and I am tired of these half-assed attempts to calm the flock. I am not a child and I am not a fool. I am an American; I am an individual.

I don't need a constant propaganda campaign to help me make the right decision. I don't need empty promises of safety to help me sleep at night. I will stand proudly and bravely by whatever decision I have come to with compassion and intelligence. And I am not a sheep.

*By Jeremy Gordon
Contributing Writer*

Left-Right Spectrum Incorrect

It is often the case that students here who oppose Taco Bell are also opposed to the war with Iraq and are in favor of less stringent drug laws, while those who want to attack Iraq also oppose gay marriage and high taxes. While there are certainly some students who fit into neither category, this article is discussing the problems of choosing a political bent and sticking to it on all issues.

Left and right wing ideologies in this country consist of relatively static positions on a variety of frequently unrelated issues. It does not follow that a person in favor of handing out condoms to high school students would want a large government, unless you count those scores of extra government workers who would be needed for the distribution.

When a person has just one or two strong opinions, well thought out, or some combination, he votes for candidates whose platforms best match his own sentiment. When we vote, we have a limited number of choices from which to pick, and, often enough, pick whomever we see as the best of the worst.

Each vote for a candidate is not a vote for every last thing he stands for, yet once elected, officials tend to do their jobs as though that were the case; this is the compromise of living in a country in which only a few are active participants in the government.

The problem comes when someone feels that, because he is against the war, he should care more about the wages paid to low-income workers, or that because he is in favor of ousting Saddam, he should support vouchers. People should not feel the need to join up with ideologies whenever deciding to support a specific cause.

Joining a coalition simply because you believe in one of many causes it promotes can be dangerous. The group you support may also promote causes you detest, or ones you have never given any thought to. This is why, in situations other than voting, it is best to be as specific as possible when expressing your beliefs—wear a single pin, write an article, or form a group devoted exclusively to

that cause—rather than simply declaring yourself entirely conservative or liberal.

The apparent reason groups take on a variety of unrelated causes is that political groups, like all others, appear stronger when larger, and merging issues is a surefire way to increase the size of a political group. But a group made up of people who join for a variety of different issues must prove to its members that, to be a part of the group, one must take a specific stance on each issue. Thus such a group will inevitably include members who care very little about the issues the group ends up spending the most resources supporting. There is nothing powerful or impressive about a group composed of members who, in the name of empowering their group, support causes entirely unrelated to the ones they care about.

Coalitions alienate many who would otherwise support their primary cause when taking on an unrelated ones. Andrew Sullivan has written in his web log critiquing the gay left's support for the Palestinian cause and other leftist issues. The gay left's support for Palestinians is a perfect example of two entirely unrelated issues being united simply on account of both being left wing. Conservatives are no more innocent than liberals. The right, in its often-lax treatment of the separation between church and state, alienates those who are not religious Christians but who would like to support conservatives on issues such as fighting terrorism.

Issues like the possible war with Iraq are often decided in people's minds on the foundation of how they see themselves politically, not on what they think about that issue in particular. We are in danger of fighting the wrong wars and ignoring the ones that are justified if people's stances continue to be based on generalizations they make about their own views as fitting into specific packages rather than on the issues themselves.

*By Diana Lumani
Contributing Writer*

The SHU Voices

-Compiled by Susan Magnano

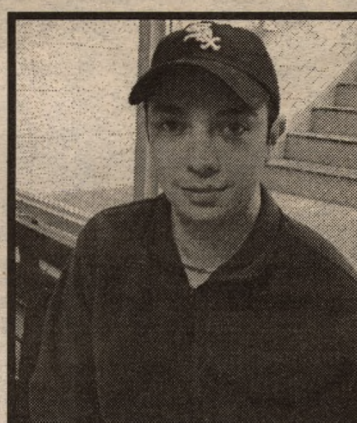
What is your favorite part of Spring?



Mike Berube

Westwood, M.A.
Junior

"The bunnies and the flowers."



Jeff Howard

Montvale, N.J.
Senior

"The hot girls coming out of the woodwork and barbecues."



Nicole Andrezza

Bogota, N.J.
Junior

"Showing off some skin and soaking up the sun."

Letters/Op-Ed

Dear Students,

Each week for the Spectrum I am contracted to write an article for the Features section of this paper. This includes writings about unique student experiences, certain events that take place on campus, and profiles about Professors who might just do a little bit more than teach here at Sacred Heart. Last week I wrote an article about Dr. Sandra Young, one of the English Department's professors, who also happens to coordinate Horizons, which is Sacred Heart University's Literary Journal.

I have Dr. Young as one of my professors this semester, before I had the opportunity of being taught by her I have heard many good things about her from other students past experiences in her class. Needless to say I was rather curious about what all the fuss was about when I entered her classroom this semester. I found out very quickly why Dr. Young's teaching was so influential. She really makes her students bring their feelings, arguments, and understanding of topics to the class discussions.

"I am writing this editorial partly to say that the Spectrum will continue to bring the news completely unbiased to any party on this campus."

Our paper topics are like none I have ever heard of but they allow the students as writers to research different kinds of topics and give their opinions on it. When I am writing these papers I really feel like my writing is developing into more than it has been in the past.

I have class twice a week with Dr. Young, and I never know what type of discussion we are going to have in class. I have seen students in my class get into what I would call very heated discussions about wars, rights of citizens, and other occurrences that happen within our country.

To get to the point, I am writing this editorial to defend my reasoning for writing that article about Dr. Young. When I walked into the Spectrum meeting this week I immediately found out that much controversy surrounded my article. As it turns out Dr. Young's contract will not be renewed, so she will not be returning to Sacred Heart University after the spring 2004 semester.

I felt that I needed to write this editorial to say that it was my decision completely to write about Dr. Young. The article was written and placed in the paper long before anyone knew about the situation with Dr. Young, I felt that I needed to let the readers know that the Spectrum had no influence over my decision to write this article or give any input on how the article should be written.

The Spectrum remains as the paper that gives unbiased news to the Sacred Heart community, and I am writing this editorial partly to say that the Spectrum will continue to bring the news completely unbiased to any party on this campus.

In saying that I will end this editorial by saying I wrote this article because I wanted other students to know what type of professor Dr. Young is, how she inspires her students, and give a little bit of background on a professor who might not be well-known around this campus. And whatever happens I wish her luck in the future.

***By Jamie Pasculli
Contributing Writer***



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What does Accreditation for SHU Mean?

During the week of March 23rd to the 26th, the New England Association of Schools and Colleges (NEASC) will be conducting a self-study on Sacred Heart University. The process is conducted every 10 years for the accrediting agency to review the University's achievements in light of its standards. During the visit, a team of representatives from other New England Colleges will be on campus to talk to students, faculty members, administrators, and staff members about Sacred Heart, as well as conduct extensive meetings based on the 2003 Self-Study Report prepared by Drs. Loris and DiPace with a large Steering Committee of faculty members and staff.

The report is a document reviewing many different facets of Sacred Heart's growth over the last 10 years. The NEASC standards addressed are such categories as Mission and Purposes, Planning and Evaluation,

Organization and Governance, Programs and Instruction, Faculty, Student Services, Library and Information Services, Physical Resources, Financial Resources, Public Disclosure and Integrity.

According to the Overview section of the report, "Sacred Heart University's 2003 NEASC Self-Study Report points to a decade of remarkable growth, expansion, and development, even as it simultaneously directs the Institution to address the challenges and tensions that are the result of such accelerated growth and change."

"Evident from the Self-Study is the dramatic physical growth and transformation of the University, visible not only in the expansion and development of labs and classrooms on the main campus in Fairfield, particularly noting the construction of the William H. Pitt Health and Recreation Center as well as several new Residence Halls,

but this physical growth is also visible in off-campus sites, such as the Stamford Campus or the site in Luxembourg" (Self-Study Report, xxviii).

Students are urged to talk openly about their experience at Sacred Heart with the members of the NEASC team, while they are visiting on campus. There will be a student forum held by the team when students will have the opportunity to answer questions, ask questions, and state their opinions about life in and out of the classroom at SHU. The committee will be hoping for many students to be present at this forum. It is extremely important that students attend the forum and give honest feedback to the NEASC Team. A time and date for the forum will be announced shortly.

***By Tom Pesce
Contributing Writer***

The Other Side of El Salvador

El Salvador is a country with tremendous beauty, people full of life, and happy with what we might consider to be nothing. From the moment you step out of the airport everywhere you look is almost like a picture perfect landscape. People genuinely smile at you even though they do not know who you are. Driving away from the airport you can see people selling the freshest fruit possible. This is the other side of El Salvador.

The editorial featured last week, about El Salvador probably painted the worst-case scenario of this beautiful country. It may have been written to make the point that by just living in the United States, we take so much is taken for granted. The editorial proved that point, but at what cost?

The picture that was described appeared so appalling that it made some people wonder, why would anyone want to go there, especially voluntarily? I would have asked that question myself but, I'm Salvadoran and very proud it.

I can honestly say that I was offended to a certain degree. Who was this person to paint such a negative picture if they were only there for ten days? You can only see and take in so much in this small amount of time. Yes, it was an experience that will not soon be forgotten, but sometimes you only get half the story.

I have been going to El Salvador since I was four and lived there for two years, even I don't have that negative of an opinion. I have seen, heard, and experienced more than what was mentioned. But in the end, the beauty of volcanic ranges and the genuine smiles of the people overcome the negative aspects of the country.

El Salvador doesn't just stand for the Savior but, those native to the country we call it the Survivor. At least that is what it is like through my eyes.

***By Emma Acuna
Contributing Writer***

Editorial Policy

The editorial pages are an open forum. Letters to the editor are encouraged. All submissions are subject to editing for spelling, punctuation, grammar, clarity and length. The Spectrum does not assume copyright for any published material. The Spectrum is a student run newspaper of Sacred Heart University, published every Thursday during the academic year. All mail should be sent to the Spectrum, Sacred Heart University, 5151 Park Ave., Fairfield, CT, 06432-1000. Our phone number is 203-371-7963 and fax is 203-371-7828. All ads and articles due by Monday at 10am. of the week they are to be run.

FEATURES

Close To The Heart

By Jamie Pasculli
Staff Reporter

Everyone has something in his or her life that is meaningful. Whether it is a piece of jewelry that has some special meaning, a memento, or even people can bring special meaning into someone's life. One object or person can have a tremendous significance.

Different people have different possessions and people that are meaningful to them. Since Sacred Heart is such a diverse campus, the students have a wide range of objects and persons that mean something to them. Katie Loneygan, a freshman from Bogota, NJ has a piece of jewelry that has brought a great deal of significance to her life.

"When I was 13, my grandmother and I went on a trip to Ireland, where she bought me a Claddagh ring. "This has become my most prized possession because whenever I look at it, I think of what a wonderful grandmother I have and remember the great time we had together in Ireland. It's

also important to me because I am showing the world that I'm proud of my heritage and my family," Loneygan explained.

Andrea Gritser, a senior from Bethpage, NY said a member of her family as something or someone that is close to her heart.

"When I arrived at Sacred Heart four years ago I realized what my prize possession was my sister. With a thirteen-year age difference between us it was very hard for me to leave because she was still a baby and I knew I would miss some of the best years of her life.

"But as time went on I have seen her grow as a person and in turn she has opened my eyes to many things," Gritser said.

Ryan Gibson, a sophomore from Yonkers, NY also picked people over possessions, but not just one person. He chose his entire family.

"I would definitely say that my family is the one thing in my life that is close to my heart. No matter what is going on with my life I can always count on my family being there for me, and taking care of me. I know that I can always count on my family being there and supporting me no

"I keep the picture with me always because I want to remember him the way he 'really' was. I want to remember the person who protected me from harms' way and the strong person who used to give me piggyback rides to be every night when I was little"
Elizabeth Maro

matter what I do, and that is what makes them so special to me," said Gibson.

Even something like a picture can provide solace in someone's life. Elizabeth Maro, a sophomore from Huntington Station, NY showed a picture to



Photo by Susan Magnano

A SHU senior holds a picture of her friends who are close to her heart.

explain her most prized possession.

"After my father passed away in December, my Mom gave my brothers and sister and I a picture of him when he was in his early twenties. It was the first picture my Dad gave my Mom when they first started dating each other.

"I keep the picture with me always because I want to remem-

ber him the way he 'really' was. I want to remember the person who protected me from harms' way and the strong person who used to give me piggyback rides to bed every night when I was little. "I feel as though every time I look at this picture my Dad is smiling down on me and it is my way of never forgetting," Maro said.

Stick it, Forget it

By Diana Lumani
Staff Reporter

It seems as though technological and medical advances are continually making the world a much simpler place to live.

Consumers' desire for convenience along with efficiency has brought about two new forms of birth control: the Ortho Evra patch and the NuvaRing. Both methods have recently been made available to women.

Birth control pills first met their competition on campus this fall when the Ortho Evra patch was added to the contraceptive market. It is similar to a nicotine patch in that it is worn on the skin and the active medicine is absorbed through the skin, and into the blood stream.

Each patch is worn for seven days and then replaced with a new one. This process continues for three consecutive weeks. The fourth week a patch is not worn. Users can place the patch almost anywhere on the body with the exception of the breasts and irritated skin.

Since the patch delivers continuous levels of estrogen and progesterone, it is equally as effective as birth control pills. Both are 99 percent

effective against pregnancy when they are used correctly.

"The patch is almost more effective than birth control pills," said Laura Cragin, a Nurse Practitioner from Bridgeport CT. "Women often forget to take the pill every day, while the patch is only changed weekly."

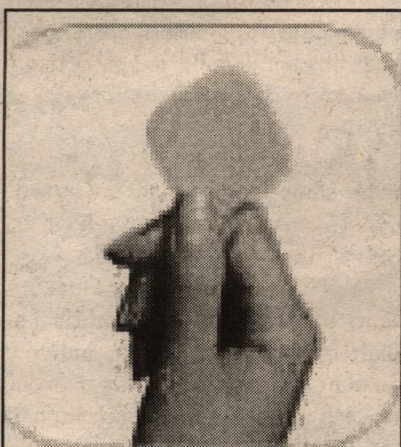


Photo courtesy of Ortho Evra official website

Ortho Evra is a form of birth control in patch form that can be placed almost anywhere on the body, once every three weeks.

"Many women become pregnant because they have skipped a pill or forgotten to take a pill, so the patch could eliminate that problem, which can result in unplanned pregnancies," said Cragin.

"I started out on the pill-kept forgetting to take them. Then, I tried Depo-provera-it was a TOTAL NIGHTMARE! Then, I tried the Lunelle shot-that was ok but going to the doctor every month to get a shot is not my idea of fun," said senior Jessica Ryan from Rye, NY.

"Finally, I tried the Ortho-Evra Patch. Although, now I love it I must admit that I went through some nausea. I didn't throw up but I just didn't feel well for most of the day and that lasted 4 days out of a 7-day week. I found that I could combat the problem by eating right: three meals a day. So now I am doing that and I have no problems," said Ryan.

"Using the patch has been a success for me because I am one of those people who is always on the go, I am constantly forgetting to take my pill daily," said senior Laura Manicucci from Brooklyn, NY.

"For women who have liked the birth control pill for its efficacy and cycle control, the main design flaw has been that it has to be taken every day.

"Most of us, no matter how attentive we are to our daily

routines, can't do anything every single day. We're just happy that there are options now that don't require daily

considered more effective than pills because of its simplicity.

"Hopefully both forms will become more popular as more

people are aware that these methods are out there," said Cragin. "They are really easy to use, which is appealing to women."

Many women on campus are hesitant to change over from the birth control pill, but many seem curious about the new methods. "I don't know if I would try the ring," said

Elisa Ecker, a freshman from North Haven, CT. "But it's cool that women are recognizing the other methods out there."

For more information on availability of these types of contraceptives, make an appointment with a gynecologist.

According to Christine Bruzinski, Medical Receptionist at the Health services "because of the Catholic school policy we actually don't carry birth control on campus.

"However prescriptions may be purchased from local pharmacy's in the area," Bruzinski explained.



Photo courtesy of Nuva Ring official website

Women only have to worry about the Nuva Ring once every three weeks. It is a flexible ring that releases hormones gradually.

attention," said Manicucci.

An appointment for a physical exam along with a Pap test is required before a prescription can be written for Ortho Evra.

The Nuva Ring was introduced to women this year as well. The ring is a thin, flexible, transparent device that is inserted into the vagina for three-weeks. Like the patch, it is not worn on the fourth week to allow for menstruation.

The NuvaRing releases a steady flow of low-dose contraceptive hormones into the bloodstream, and is 99 percent effective like birth control pills and the patch. Once again, it could be

Our Brush With Fame on TRL

By Colleen Mitrano and
Jennifer Motisi
Staff Reporters

It's not everyday Sacred Heart students get to be on national television, yet we had the opportunity. On March 3, we had the chance to be in the audience of MTV's popular show, TRL (Total Request Live).

The show, which airs every day at 4 p.m., counts down the top ten videos of the day as voted on by the fans. Not only does TRL show videos; celebrities often stop by for interviews and live performances. Obviously, because of the celebrity guests, TRL draws many fans to its Times Square location in hopes that they

side to watch from the street or worry about being allowed in.

Around 2 p.m. on Monday afternoon, we met outside of the MTV studios. Although we were early, a long line of eager music fans had already begun to form. After waiting for half an hour, the audience coordinator came around split the line in half.

Those who had reservations were to wait on one line while those who did not stayed where they were. Since we had reserved tickets, we were handed blue wristbands which gave us access to the studio.

At 3 p.m., those who had reserved tickets were allowed inside in groups of ten, while others had to wait outside in hopes that there would be extra seats. We went upstairs, where

that could not fit into a pocket.

We were then escorted through metal detectors and into another waiting room, where we stayed for the next half an hour. Although waiting on line was boring, the audience became excited when the audience coordinator asked if anyone was interested in requesting a video live on television. The audience also got an extra thrill when MTV VJs Hilarie, Quddus, and Damien walked by on their way into the studio.

Finally, at 3:45 p.m., we were allowed into the studio where the staff was waiting to seat us. There it became apparent that the audience was seated based on appearance. Audience members who were considered less "camera friendly" were seated in the back row of each of the bleachers while those who were thought to be more energetic and appealing were seated in the front rows of the bleachers and on the stage.

Since we came across as being energetic and excited to be there, we lucked out and were seated on the end of the stage. Once our entire section was seated, we were told by the audience coordinator that we were going to be shown on television many times. After everyone took their places we were told to act lively, and overemphasize our reactions (clapping, awing, and laughing even if something

is not entertaining).

After practicing that a few times, the VJ's came into the studio, and the show began promptly at 4 p.m.

It was very exciting to be in the audience, especially during the commercial break when we were told that Damien was going to be sitting on the stage for one segment of the show.

To our surprise, Damien was seated directly in front of us, so close that he was leaning against

our knees. He greeted everyone, then proceeded to retire a video by singer JC Chasez. Although we were thrilled to be on camera, we weren't sure exactly how to act. Both of us didn't know whether to look at the camera or at Damien, or if it was better to smile or be serious.

Looking at the tape after the show it was obvious that these thoughts were running through our heads. It turned out that Damien was going to be shooting another segment in front of us, and by that time we were a lot more camera friendly.

As if being on television wasn't cool enough, we had the opportunity to see two bands appear live on TRL. First, up and coming rock group All American Rejects were interviewed and gave one fan tickets to their concert scheduled for that night at New York City's Webster Hall.

After a few more videos were shown, the second act scheduled to appear, Russian pop group T.a.T.u. came into the studio for an interview, which turned out to be a disaster. The girls didn't speak much English, and didn't



Photo courtesy of MTV

MTV News Reporter, Gideon Yago, spoke on TRL March 3, about his trip to Kuwait.

attempt to talk to the VJs at all.

When they did answer questions, they came across as being rude and uninterested. Rather than pay attention to the VJs and their potential fans in the audience, they were more interested in looking at each other and up at the ceiling.

Once the short interview was finished, the girls performed their hit song; "All the Things She Said" while the audience danced and sang along.

The atmosphere in the studio took a more serious note when MTV News reporter Gideon Yago entered the studio to promote a show airing the next week. The show revolved around his recent trip to Kuwait where he filmed an episode of the MTV show Diary that focuses on life in Kuwait.

Even with T.a.T.u.'s rude behavior, being on TRL was still a lot of fun. Being inside the studio as opposed to watching it on television is a completely different experience, but one that we can't wait to do all over again.



Photo courtesy of MTV

The band All-American Rejects performed on TRL during the first week of March and even gave a pair of tickets away on the show.

will be allowed into the studio.

However, we were lucky enough to get reserved seating, and did not have to stand out-

we were asked if we had any weapons with us, and told that we would have to check everything we were carrying

to act lively, and overemphasize our reactions (clapping, awing, and laughing even if something

Spring Has (Finally) Sprung

By Lindsey Gershkoff
Staff Reporter

Hippocrates first wrote about the connection between weather, health and mood back in 400 B.C. His studies show sudden changes in weather, or extended periods of inclement weather often effect people's moods and can also make them feel overtired. Sound familiar? Today in 2003, many people have been anxiously awaiting the arrival of spring, including the students at Sacred Heart University.

After surviving more snow than Connecticut has seen in years, "SHU students

are ready for spring," says Junior Rebecca Jadach, of Ansonia, "...or at least I am!"

"It is hard to come back to school after spring break to see more snow, it's supposed to be spring," says Jadach.

This long drawn-out winter is certainly taking its toll on many students. And now that spring-like weather has arrived, will it be around for long, or will students have to continue to bear the snow?

As temperatures climb up to more than 50 degrees, students are beginning to whip out their tank tops and shorts. It probably won't be long till freshman are tanning themselves on the hill, and everyone is studying in the quad wearing their cutest summer outfits.

"SHU students are ready for spring... or at least I am! It is hard to come back to school after spring break to see more snow, it's supposed to be spring"

Rebecca Jadach

Students may be jumping a little too quickly into spring, but, as junior Elaine Ovecka of Brandon, VT says, "I can't take much more of the cold-

weather. It's getting depressing."

Ovecka agrees that it might be too early to whip out the tube-top, but she, "can't wait for it to be warm."

Spring fever has seemingly hit Sacred Heart University with a big bang. Senior April Fazin, of Kings Park, NY, has a slight case of senioritis.

"I can't wait for the weather to get warm because the cold weather is no fun. I want the beach!"

"I plan on getting tan and graduating! I'm definitely going somewhere warm for graduate school!" Fazin explained.

With temperatures that are predicted to continually climb, students may soon be enthralled with all that spring has to offer.

The hot sun, pretty flowers, and plans for fun outdoor activities mean spring has finally sprung.

"I can't wait for the weather to get warm because the cold weather is no fun. I want the beach! I plan on getting a tan and graduating! I'm definitely going somewhere warm for graduate school!"

April Fazin

Inductees "Rock and Roll" the Hall of Fame

By Ryan Broadbin
Staff Writer

Mountain climbers achieve their maximum ability after scaling Mount Everest, and there are a few climbers who have accomplished this extraordinary feat. These distinguished few become experts in their field, and recognized for their abilities.

Musicians are similar to mountain climbers, wanting to become masters in their field. For rock musicians, becoming a master, a virtuoso performer, requires being inducted into the Rock and Roll Hall of Fame, a prestigious and life-long accomplishment for a few, the Mount Everest for musicians.

After selling millions of records, doing countless performances, and making an impact on the music industry, musicians can be

commemorated in the Rock and Roll Hall of Fame.

Every year new inductees are added to the Rock and Roll Hall of Fame. This year five bands were inducted into the Rock and Roll Hall of Fame: AC/DC, the Clash, Elvis Costello and the Attractions, the Police, and the Righteous Brothers.

Sacred Heart University students and faculty commented about the new inductees.



Photo courtesy of VH1

The members of the Police put aside personal differences in order to come together to receive the honor of being inducted.

"It was AC/DC's time. It was cool that Aerosmith introduced them. They deserve all the

praise they can get. It is the ultimate honor for them," said Steve Giunta, senior from Manchester, NJ, and a manager of WHRT, the student-run campus radio station at Sacred Heart University.

"The Clash should be a part of the mandatory school curriculum. They are phenomenal. The Clash should have been inducted a thousand years ago. I don't think Elvis Costello is ready for the Rock and Roll Hall of Fame. Sting deserves to be inducted because he has hits that invade the culture," said Mark Hunter, English professor.

"I would have to go with AC/DC because they have so many hits. When you think about AC/DC, you think about rock. Elvis Costello is a great guy, but he is not part of Rock and Roll. Honestly, I never heard of the Clash," said Joe Finis, sophomore from Province, NJ, and a WHRT disc jockey.

"I hope that the requirements for induction never sacrifice their integrity for trends or popularity. It's awesome to see bands like AC/DC be eternalized, because they have been loved internationally for a few decades," said Mel Knight, sophomore from Agawam, MA, and the radio host

of "Midnight Mel's Thirteenth Hour" on WHRT.

"For example, there cannot possibly be another Angus Young. Rock and Roll Hall of Fame inductees seem to pave the way for future bands in terms of their original genre and style."

"The two biggest names on the inductee list are AC/DC and the Police. The Police are a part of "Classic Rock and Roll." AC/DC definitely deserve to be on the inductee list," said Ken Matts, freshman from Enfield, CT, and a WHRT disc jockey. "When AC/DC are no longer around, their music will still be a part of popular culture."

"When I was growing up on the farm in Canada, AC/DC was a part of my adolescence. I am a big AC/DC fan. Elvis Costello is a good front man. I like the Police. I remember being seven, listening to the Police. The best band out



Photo courtesy of VH1

Legendary rockers AC/DC shook the crowd all night long when they were inducted into the Rock and Roll Hall of Fame.

of the group of inductees is AC/DC," said Konn Hawkes, senior from Saskatchewan, Canada.

"I think that Ozzy Osbourne needs to be inducted. I always loved AC/DC. My uncle has a big CD collection. Every time I am in his car, he plays AC/DC. I started listening to AC/DC in high school. They deserved it. I do not know why Black Sabbath did not get in. No doubt, the Police should be inducted. They have been around for a while," said Mike Montalvo, sophomore from Stamford, CT.

SHU Players' "Absurd" New Additions to the Stage

By Jennifer Jensen
Staff Writer

Spring is just around the corner and hopefully nice weather will soon be following. Before spring comes, one might still be trying to find things to do to cure the bad weather blues, but no need to worry anymore. Step outside your resident hall and walk toward the academic building. Why you might ask?

One reason is to fulfill that time waiting for the nice weather with something to do on the weekend. On Friday, March 21, and Saturday, March 22 at 8PM and a matinee performance on Sunday March 23, at 3PM, Language, Literature and Media Studies in cooperation with SHU Players present "A Night of Absurdity" at the Edgerton Theater (University Theater). For your enjoyment, the SHU Players will bring to the stage four different plays that present material that will keep you thinking and entertained.

Graduate student, June Krumholz (Long Island), who

is making her third directorial debut, will be directing one of the plays to hit the stage this semester. Although the play falls under the category and theme of being absurd, June believes that, "the show does not necessarily fall into the typical existentialistic qualities of an absurd play, but it is by far out there. It's a Christopher Durang playwright, need I say more?" Krumholz said.

Krumholz describes the play as a show revolving around a psychotic hermit woman who has been obsessive and aggressive all while she attempts to fill the void in her life. There are only three characters in the show and they are played by: graduate student, Michelle Caruso who will play Naomi, the psychotic hermit and senior, Gary Falco (Ocean Township, NJ) and junior, Katie Fanning (St. James, NY) will play the parts of John and Johanna, the married couple visiting.

John and Johanna attempt to cope with the loss of their five children and are in counseling due to John's insecure and strange habit. "To find out

exactly what this habit is you'll have to check the show out for yourself. I had nothing but fun times and laughs with the tiny cast of three and we have created a lot of "insane" memories," Krumholz said.

Fanning and Falco expressed a positive attitude with positive results if you are able to see the show. "My very first show as a member of the SHU Players was with June, my director. I am really happy to be directed by her when this might be her last play here at SHU before finishing her graduate work," Fanning said. Falco, a newcomer to the stage is enrolled in his first acting class, and is very excited about acting here at SHU. "I am very fortunate to be put in a group with an experienced cast and I am sure it will prove to be a valuable learning experience," Falco said.

Senior, Sarah Keller (Westport, CT) will also be directing, "Words, Words, Words" by David Ives in which "the play revolves around the theory that if you put three monkeys in a room with typewriters typing to infinity, they will eventually

produce Hamlet. With a hilarious comedic plot, it will put a real spin on what defines the genius of Shakespeare," Keller said. For Keller, directing the show has been a pure joy. "The script is magnificent and I couldn't have asked for a group of harder working and talented young actors," Keller added.

Two other productions that will also be hitting the stage the same night are "Bald Soprano" directed by theater professor, Rick McKinnon and "Going West" with the Acting I class that will be directed by senior, Mark Rossetti. Senior and president of the SHU Players, Lisa Schneider (White Plains, NY) will be acting in "Bald Soprano" directed by McKinnon. "A production of this genre has really tested the strength with the involved actors. It has been a very difficult and very rewarding process that both actors and directors should be proud of," Schneider said.

"The Bald Soprano" is a satire of the British middle class. It explores the difficulties and absurdities that are a part of human communications. It

was requested by the Faculty of Language Literature, and Media Studies to be used in conjunction with Literature classes," McKinnon said. He also believes this play will be very beneficial to the students. "Like in past years, my biggest thrill comes from seeing different students at different skill levels become awoken to these other worlds they explore through research and hard work," McKinnon added.

Sophomore Pat Bradley (Malverne, NY) is an Acting I student in McKinnon's class and will be participating in the spring production of the play "Going West." "I always wanted to act and this is a good way to start. I am excited and I did not realize there was so much more to acting besides just remembering the script. I think the play is going real well and it is very funny. We are all having a good time rehearsing for it," Bradley said.

Tickets will be sold at the door on March 21st, 22nd and 23rd and are \$5 for students and \$10 for general admission.

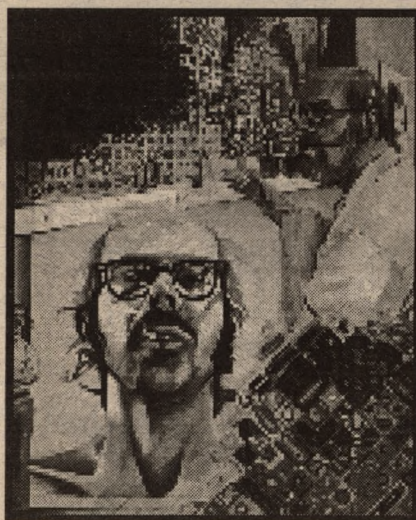
Art Department Exhibit includes award winning work created by students



All images courtesy of the Sacred Heart University Art Department
2nd Place Winner in Advanced category
"Slacker" a watercolor by Paola Baldino



First Place Winner in Foundation Category
"Study After Joe Hing Lowe"
a graphite drawing by Victoria Pezzulo



"Chuck Close" a watercolor by Jim Davis



Honorable Mention in Advanced Category
"Blow" a watercolor by Jared Montano

Beastie Boys Speak Out

By Donna Palumbo
 Staff Writer

With war close at hand, several musicians are using their celebrity status for a good cause, and speaking out for peace. One such band is the Beastie Boys, who have just recently released a new single entitled "In A World Gone Mad," which protests the possible war with Iraq, and urges President Bush to "fight the non-violent fight."

The Beastie Boys began working on their new album this past fall after nearly a three-year break from recording. Although the album is yet to be completed, "We felt it would be irresponsible not to address what's going on in the world while the events are still current. It didn't make sense to us to wait until the entire record

was finished to release the song," according to band member Mike D.

"In A World Gone Mad" is not the first time that the Beastie Boys have stood up for a cause. They have also coordinated the Tibetan Freedom Concerts, and more recently, performed at two September 11 benefit shows in which they raised \$125,000 for the victims and their families.

"We felt it was important to comment on where the US appears to be heading now. A war in Iraq will not resolve our problems. It can only result in the deaths of many innocent civilians and US troops. If we are truly striving for safety,



Photo courtesy of MTV

The Beastie Boys use their popularity to make a political statement.

we need to build friendships, not try to bully the rest of the world," says band member Adam Yauch, courtesy of Beastieboys.com.

A free download of "In A World Gone Mad" and the full set of lyrics are both available at Beastieboys.com.

MTV's Greek "Life"

By Amanda Kenworthy
 Staff Writer

Banking in on the success from last season's "Sorority Life," MTV has brought back a sequel to the popular series, as well as a "brother" spin-off. "Sorority Life 2" and "Fraternity Life" air at 10 PM. and 10:30 p.m., Wednesday nights on MTV.

The series' follow two Greek organizations at SUNY Buffalo in Buffalo, NY. and Delta Xi Omega, or DZO, and follows in the footsteps of last season's "Sorority Life" pledges and sisters at the University of California at Davis. Not only do the girls have a pledge house that has been revamped and redecorated by MTV, the pledges also have the use of a donated Land Rover for the eight-week pledging process.

The boys of Sigma Chi Omega made out just as well as the girls, with the new house and cars to drive, but that is where the perks of television cease and the reality of pledging begins.

"They may get a nice house and free cars for eight weeks, but it's just for the sake of looking good on the show," says junior Matt Dwy of Naugatuck and fraternity brother of Alpha Sigma Psi. "The actual pledging portion is very realistic, and you can tell, especially when the cameras aren't allowed in on the frat's rituals and traditions. Just because it's on TV doesn't mean pledging is any easier. It's difficult, but definitely worth it in the end."

Some take a different view on pledging for a Greek organi-

zation. Junior Kim Marcantonio from Portsmouth, RI says, "I don't like 'Sorority Life' because the girls are so catty, and it just reinforces my decision to never become a part of a sorority. There's too much drama, and I don't need letters to show me who my friends are. But I don't

shows, but I'd never pledge a sorority. People are either my friends or they aren't, I shouldn't have to prove, or 'pledge' my loyalty and devotion to belong to a group."

"I don't have a problem with sororities, but pledging just isn't for everyone, and it's not for me,"

Sophomore Kacy Lansing of Naugatuck confesses. "I've seen the shows a few times, but I'm not an avid watcher. I'd say 'Fraternity Life' is the more entertaining of the two, though, they're more prone to getting in trouble and just have a good time."

Junior Kerri Curran from Kinnelon, NJ made it through the two months of pledging for Beta Delta Phi and does not regret it. "As our motto says, we're 'Sisters for Life' and that's something special. 'Sorority Life' accurately portrays the actual pledging process, and at the end of the series the girls are rewarded for all their hard work and loyalty. It's a big accomplishment, and the fraternities take it just as seriously. It's as real as it possibly could be on television."

Pledging a sorority or a fraternity is not for everyone, yet those that make it through the grueling eight-week pledging process wear their letters with pride as a symbol of determination and loyalty.

In the end, those that are serious about the Greek organization feel a sense of belonging to something positive. MTV's presence during the Fall '02 semester at SUNY Buffalo will capture the truth behind pledging a sorority or a fraternity: Only the strong will survive!



Photos courtesy of MTV

The brothers of Sigma Chi Omega, top, and the sisters of Delta Xi Omega, bottom, allowed MTV access to their pledging process in exchange for just a few "perks."

mind 'Fraternity Life' at all, the guys aren't petty, they're funny and entertaining."

"Watching those shows is the only pledging experience I'll ever have," says Junior Christine Mandracchia from Mamaroneck, NY. "They're fun to watch, especially 'Fraternity Life,' but sororities just aren't my thing."

Junior Valarie Morgan from Larchmont, NY shares a similar opinion: "I like to watch the

Hard Working Thrower



Photo by Jennifer Jensen

Kristin Eckert practices hours upon hours and credits much of her success to her supportive and dedicated teammates.

Continued From Page 13

Eckert said. As her practice and training progressed Eckert began to gain the confidence that is needed playing any sport. Her throwing at practice and during warm-ups before a competition was averaged between 45-50 feet.

"I was throwing 45-50 feet during practice and warm up but once competition started I thought I could not do it mentally," Eckert said. Things changed for her though when the New England Competition came around and she moved up in the rankings to gain a spot putting her seventh in the competition.

"I felt no pressure and thought I could actually pull off what I was doing at practice at a competition. I put less mental pressure on myself and began to remember how much I loved competing," Eckert said.

On the way to the meet that weekend, junior, Sara Tasber (Henrietta, NY) spoke with Coach Santoli, sophomore, Halie Kennie (Standish, ME) and junior Emily Marks (New Milford, CT) and they had predicted that Eckert would have a break out performance when she threw at this meet.

"I am sure people in the competition think she is a push over until she throws. Then she beats them and leaves everyone shocked," Coach Santoli said.

"Halie had mentioned that she thought Kristin would really prove herself at this meet and predicted she would show everyone her true abilities and I totally agree. She did amazing at the meet. She works really hard

and definitely deserves the recognition," Tasber said.

"When the whole thing happened I was pretty much speechless. She has worked very hard this year. She increased her best from last year by fourteen feet, which is just pretty much amazing." Coach Santoli

Coach Santoli is ecstatic that Eckert is able to show off her talent since most of the time she is very modest. "When the whole thing happened I was pretty much speechless. She has worked very hard this year. She increased her best from last year by fourteen feet, which is just pretty much amazing. She is the most unassuming thrower. As throwers go she is small and relatively quiet. I am sure people in the competition think she is a push over until she throws. Then she beats them and leaves everyone shocked, Coach Santoli said.

The team is very proud of Kristin's performance. "She has been consistent throughout the season by steadily improving distances at every meet," sophomore, Jessica Albrecht (Samsonville, NY) said.

In Eckert's case as a thrower, looks are very deceiving. "Other teams have underestimated her size as a thrower. She is petite for a thrower. Other teams have come over and congratulated her after she throws and apologizes for saying that she would never win a competition," junior, Jodi Janda (Sterling, MA) said.

Eckert will be competing next on March 29 at the Monmouth Invitational.

THE PIONEER SCHEDULE

Thursday, March 20

Baseball	vs Bridgeport	Fairfield, CT	3:00 PM
Wrestling	at NCAA Champs	Kansas City, MO	All Day
Women's Fencing	at NCAA Championships	Colorado Springs, CO	Men's
Fencing	at NCAA Championships	Colorado Springs, CO	
Men's Tennis	at Rhode Island	N. Kingston, RI	3:00 PM
Women's Tennis	at Rhode Island	N. Kingston, RI	3:00 PM

Friday, March 21

Softball	at Elon	Baltimore, MD	9:00 AM
Softball	at Albany	Baltimore, MD	11:00 AM
Softball	at UMBC	Baltimore, MD	1:00 PM
Men's Fencing	at NCAA Championships	Colorado Springs, CO	
Women's Fencing	at NCAA Championships	Colorado Springs, CO	
Wrestling	vs NCAA Champs	Kansas City, MO	

Saturday, March 22

Baseball	vs Wagner	Fairfield, CT	12:00 PM
Softball	at Drexel	Baltimore, MD	9:00 AM
Wrestling	vs NCAA Champs	Kansas City, MO	All Day
Women's Bowling	at IBC Sectionals	TBA	
Men's Fencing	at NCAA Championships	Colorado Springs, CO	
Women's Fencing	at NCAA Championships	Colorado Springs, CO	
Men's Bowling	at IBC Sectionals	TBA	
Women's Lacrosse	vs Niagara	Fairfield, CT	10:00 AM
Women's Tennis	at Albany	Albany, NY	1:00 PM
Men's Volleyball	at Juniata	Huntingdon, PA	6:00 PM

Sunday, March 23

Baseball	vs Wagner	Fairfield, CT	12:00 PM
Women's Bowling	at IBC Sectionals	TBA	
Men's Fencing	at NCAA Championships	Colorado Springs, CO	
Men's Bowling	at IBC Sectionals	TBA	
Women's Fencing	at NCAA Championships	Colorado Springs, CO	
Men's Lacrosse	at Dartmouth	Hanover, NH	1:00 PM

Monday, March 24

Men's Tennis	vs Monmouth	Fairfield, CT	3:00 PM
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Offensive Surge

Continued From Page 14

and tied the game at 1-1.

With the game tied at 1-1, Rob McKee started off the 7th inning with a double to right field, and advanced to third on an error by the pitcher. With McKee on second, Curtis Lewsey stepped up to the plate and hit a sacrifice fly to deep right field that scored McKee and gave Sacred Heart a narrow 2-1 advantage going in to the 7th inning stretch.

Sacred Heart was able to add one more insurance run in the top half of the 9th inning. Anthony Diaz started off the inning with a pinch-hit single. Diaz later stole second base and advanced to third on a Tim Lantz groundout. Vartuli, added his 3rd hit of the day, a 2-out single that allowed Diaz to score and give the Pioneers a 3-1 lead going in to the bottom of the 9th.

Dinihanian pitched a perfect 9th inning and got his first victory of the year. Dinihanian had 6 strikeouts in his 1st career complete game, and allowed 7 hits while giving up just one run. Sacred Heart improved its overall record to 2-4.

After completing the sweep of Detroit-Mercy, a jubilant Cutrone stated, "Hopefully this is a step in a new direction. It feels good to get our first couple of wins. Our bats are starting to come alive, and the last few days things have just come together."

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Top Grapplers Head to Nationals

The Sacred Heart University Wrestling team had four members qualify for the NCAA National Championship Tournament.

By Loren Aversa
Sports writer

"Let's go get some All-Americans!" said Pioneer's first-year wrestling coach Andy Seras. On Tuesday, Mar 11, the Sacred Heart University wrestling team did more than just arrive at Hofstra University to compete for the Colonial Athletic Association Championships. Due to solid

The four wrestlers to qualify to compete for the NCAA Championships are senior Anthony Reynolds (197), junior Mike Messina (141), Jason Cucolo (133) and Rob Belville (157). Junior Mike Messina won the conference tournament with the 141-pound title, defeating Binghamton's Josh Ruff in the finals 8-3. Messina has won a dominating fourteen matches out of his last fifteen. While battled against one of the CAA's toughest weight classes in the nation, senior Anthony Reynolds lost to Hofstra's Chris Skretkiewicz 4-3, placing him in second and ranking him an impressive number six in the national ranking. "I'd like to say it's amazing how the fifth year we have gotten 100% better as a team and placing second in the Conference behind

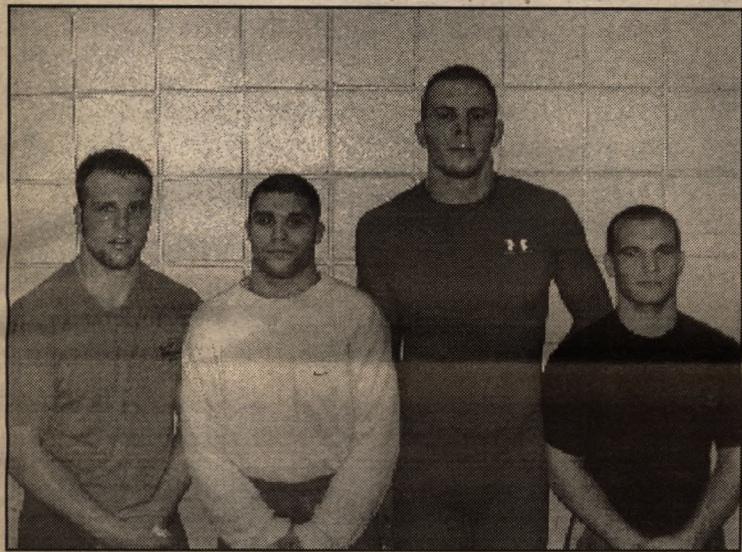


Photo by Kyle St. George

(From Left to Right): Rob Belville, Jason Cucolo, Anthony Reynolds and Mike Messina are the four SHU wrestlers who qualified to wrestle at the National Championships.

performances by the team, they were proud to finish in second place behind Hofstra, placing a total of six wrestlers in the top four and qualifying four Pioneer wrestlers for the NCAA Division I Wrestling Championships.

"Qualifying for the NCAA Division I Wrestling Championships is a great thing," said senior Captain Anthony Reynolds.

"Qualifying for the NCAA Division I Wrestling Championships is a great thing," said senior Anthony Reynolds. "We wrestle Division I. Everyone from these top name programs will be attending. It's certainly the real deal. Last year we only had two of us make it to the Championships. This year we have doubled that. It's a great accomplishment."

Hofstra has proven that," said senior Anthony Reynolds.

Wrestlers Jason Cucolo and Robert Belville both placed third in their weight class gaining them "wild card bids" into the NCAA tournament. Cucolo has had three successful victories and Rob Bellville, ranked 18th in the country with a team high 34 victories this season, defeated another nationally ranked opponent in the match for third place.

The NCAA Division I Wrestling Championships will be held March 20-22 in Kansas City. These four promising athletes will be in Kansas City representing the Sacred Heart University Pioneers in full spirit.

"All four of these guys certainly have a chance to win matches. Anthony Reynolds is favored to be an All American because he will seat 6-7 in the competition. I am extremely happy with the year we had. It is truly an amazing accomplishment to take second in this tournament," said coach Andy Seras.

Men's Volleyball is remaining focused on making the national tournament.

By Katie Atkins
Assistant Sports Editor

Despite a dismal 3-5 record in their Eastern Intercollegiate Volleyball Association matches, the Sacred Heart men's volleyball team is still in the running to qualify for the NCAA tournament. With their win last Wednesday against NJIT 3-0, (30-27, 30-20, 30-27), the Pioneers are now tied with Vassar in the EIVA Hay Division.

"In our last game we played well, we came back form break more focused. Everyone is stepping it up because we need to keep winning," said junior Michael Maziarz (Wilbraham, MA). Springfield has already clinched the Hay Division title and because there are just a few matches left, Vassar and SHU are the only teams in contention for second place.

To make the NCAA tournament, a team must come in either first or second in their division.

For SHU, this means they must win the remainder of the conference matches in order to shut Vassar out of contention.

"With a month of our season left, and so few games remaining, it will be beneficial that we win the rest of our conference games which would qualify us for a trip to the NCAA playoffs," said senior Patrick Bihn (Floral Park, NY).

"In our last game we played well, we came back form break more focused. Everyone is stepping it up because we need to keep winning," said junior Michael Maziarz

Upon entering their match against NJIT, the Pioneers found themselves down a couple men as Bihn was stricken with a bad stomach virus. Also sidelined was sophomore Michael Gardner (Brookfield, WI) who is out with an injured back due to a snowmobiling accident.

With these key misses, the

team was forced to go in with a makeshift lineup because both of their middle hitters were out. Senior Matt Snyder (Gibbsboro, NJ) and freshman Alex Catani (Larkspur, CA) filled in at middle while Chris Skelton filled in at right side.

"The team really came together last Wednesday by putting together a win against NJIT. The win really complemented the depth we have on the bench because two starters were out for that game. Skelton and Catani came in and played positions that they have never played before," said junior C.J. Pinkney (Ringwood, NJ).

Team leaders in the victory over the Highlanders include Snyder, who finished with a match-high 17 kills and a .609 hitting percentage. Junior Doug Soviero (Huntington, NY) had 13 kills and five digs while Pinkney had 44 to raise his assists-per-game average to 13 per game. Junior Mike Burns (East Providence, RI) finished the match with eight kills and a match-high seven digs. "We are looking forward to the rest of our season, and with hard work we should find ourselves once again in the NCAA tournament," said Pinkney.

A Determined Heart

Kristin Eckert has proven she has the grit and determination to excel in Track.

By Jennifer Jensen
Sports Writer

Imagine taking a leap from the seeded twenty-ninth position you were placed going into the New England Championship meet this semester, and all of a sudden the tables are turned and you are able to prove to yourself that it is possible to achieve what you set your mind upon. For junior, Kristin Eckert (Farmingville, NY) she has set her heart and mind upon beating that twenty-ninth seeded position.

Her constant dedication to training and gain of self confidence for throwing has moved her up in rankings by placing 7th with a throw of 50 feet 8 3/4 inches at The New England Championships. This is also compared to coming into the competition seeded with a throw of 45 feet 10 inches.

Eckert attended Sachem High School in Lake Ronkonkoma on Long Island,

NY where she broke records such as the 4x 100m relay and 4x 200m relay. During her high school career she sprinted, ran the 100m and 200m and participated in long jump, shot put and discus. It all began in seventh grade when she only ran and jumped. In ninth grade she ran, jumped and threw shot put.

Her constant dedication to training and gain of self confidence for throwing has moved her up in rankings by placing 7th with a throw of 50 feet 8 3/4 inches at The New England Championships

It was for the pure enjoyment and her competitive nature that Eckert came to love the sport. "I love to compete and that was something that sparked my interest in track and field," Eckert said.

Eckert became involved in high school track and field when her gym teacher in elemen-

tary school told her that she was pretty fast and that she should take up track in junior high.

"That is exactly what I did when I entered high school. I joined track and field in seventh grade right away," Eckert said. When she entered college things began to change in her track and field career. She was suppose to run, jump and throw but instead her main focus was on throwing.

"They do not really have weight in high school and it was not contested on Long Island, so when I got to college it was a new event that I wanted to try," Eckert said.

For Eckert it was really difficult to learn how to throw the weight at first. "As you pick up the weight and then begin to turn, you have to get used to the pull of the 20 lb weight. It takes a while to get used to pulling around 20lbs. It is awkward at first to learn how to throw the weight because it feels so heavy at first," Eckert said.

The best that Eckert threw her freshman year at high school was 37 feet. "I didn't know what to expect freshman year because I had never done this before,"

See "Hard Working Thrower" Page 12

Men's Lacrosse Will Not Be Denied

A fourth period eight goal surge, helped to push the Pioneers past respectable Butler University team.

By Christopher Giarrusso
Sportswriter

The Sacred Heart men's lacrosse team had an outstanding home stand victory over Butler University on Saturday, March 15. The Pioneers used a fourth period eight goal surge to come away with a 15-12 victory. This win marks the first time a Sacred Heart team has defeated an opponent from the Great Western Lacrosse League.

"It was an up and down game but I knew that we weren't going to lose", senior Erick Perez

Senior Erick Perez (Locust Valley, NY) led the way for the team with five goals and two assists for the Pioneers third straight victory. The Pioneers came out shooting with a 5-1 lead in the first period. The Bulldogs answered back scoring six straight goals at the end of the first and start of the second



periods to take a 7-5 lead. The Pioneers weren't going down that easy as they battled back just before the half to tie the score at 7-7 on goals by Perez and sophomore Christian Lynch (Northport, NY).

Butler dominated the third period, building a 10-7 lead and holding Sacred Heart scoreless. The Pioneers responded in the final 15 minutes, firing off five straight goals, led by two goals from freshman Matthew Robideau (Massena, NY) followed by sophomore Thomas Latronica (West Islip, NY), senior Stephan Grabow (Commack, NY) and Perez to take a 12-11 lead at the eight minute mark. Butler answered at 5:48 in the period to tie it at 12-12. The Pioneers would not be denied with Perez netting two goals and Grabow managing one over the final three minutes for

said, "It was up and down and we showed a lot of character out there. We had some big sparks on offense and our goalie had some huge saves. I have been telling these kids to ride the wave of a game and the guys knew that we could win and they all just clicked."

Grabow also had an outstanding day, finishing with three goals and two assists. "I felt good it was a good win at home and I couldn't have done it with out my offensive line. We're on a roll now", said Grabow. Robideau also netted three goals on the



Photos by Christopher Giarrusso

(Above): Coach Mariano addresses his team prior to action against Butler. (Bottom): Freshman goalie Thomas Hind walks to the sideline at the conclusion of the first half of game play.

the win. "It was an up and down game but I knew that we weren't going to lose", said Perez.

Head Coach Tom Mariano

day for the win. Freshman goalie Thomas Hind (Farmingdale, NY) had 12 saves on the day to help in the victory.

Madness

Continued From Page 15

hand, could make some noise. Jim Calhoun has his Huskies peaking at the right time, but will that be enough to get past a tough Texas team? We will find out. And maybe someone can explain to me how teams in the South region are playing games out in Spokane, WA. Doesn't seem too far south on the map to me, but then again, I'm no geography major.

The East region is another tough bracket to come out of. The top four seeds can all conceivably make it to the Final Four, but who will it be? Hollis Price and top seed Oklahoma? Josh Howard and Wake Forest? Upstart freshman Carmello Anthony and Syracuse?

Well, I think it will be Anthony and Syracuse. I know Connecticut dropped them pretty hard in the Big East tourney, but the Orangemen have all the right elements to make a run. They can be explosive offensively, have the go-to guy in Anthony and get great guard play from the likes of Gerry McNamara and Billy Edelin.

Prediction time! Now did you really think you were going to get an entire column without Final Four prediction? Didn't think so. Out of the West region will be Kansas, Midwest will be Kentucky, South region will give us Connecticut and the East will produce Syracuse.

Bats Catch Fire for Pioneer Baseball

The SHU offense provided the needed edge to drop Detroit-Mercy 9-3.

By Kevin O'Sullivan
Contributing Writer

HOMESTEAD, FL- All winter long, the Sacred Heart baseball team had heard the coaches preaching about how important it would be for the team to improve their hitting. Extra batting practice sessions and countless hours spent training with batting coach, Seth Kaplan, finally paid off on March 4, in SHU's 9-3 rout of Detroit-Mercy, and again on March 5 in a 3-1 victory for the Pioneers.

In Sacred Heart's previous four games, all which resulted in losses, the team batted a dismal .253. However against Detroit-Mercy, SHU's offense came alive for 22 hits and batted .343 during the two game series. Sacred Heart had hits come from 12 different players in the beautiful offensive display. When asked

about the offensive outburst, one player exclaimed, "something clicked."

In the first game, Detroit-Mercy got on the board first, with 2 runs in the top of the 2nd inning of starting pitcher Rob Duell.

The bats began to stir for SHU in the bottom of the 3rd inning when Joe Santacroce singled. Santacroce advanced to second base on a sacrifice fly by Greg Delmonico. Santacroce would score off an RBI double by SHU tri-captain Brian Rojee. With Rojee on second, junior Jamie Schilkowski hit an RBI single and helped SHU tie the game at 2-2.

Detroit-Mercy was able to scrap one more run off of Duell in the top of the 4th inning to give them a 3-2 lead. Duell pitched 5 innings, allowing 3 runs off of 6 hits, while striking out six, and gained a no decision for his efforts.

SHU's bats began to awake once again in the bottom of the 6th inning. After walks were issued to Jason Maiella and Tim Lantz, Curtis Lewsey had a clutch RBI double that tied the game at 3-3. Lantz advanced to

third base on the Lewsey double. The next batter, Andrew Cutrone, hit a ground ball that advanced Lewsey to third and allowed Lantz to score. The next batter, Joe Santacroce, had his second hit off the day, an RBI single that scored Lewsey. SHU led 5-3 at the end of 6 innings.

Sacred Heart had hits come from 12 different players in the beautiful offensive display.

The batting god's shined again on SHU in the bottom of the 7th inning. Delmonico started the inning off with a walk. After a Chris Vartuli groundout, Schilkowski hit a single that advanced Delmonico to third. Ed Marotta stepped up to the plate and hit an RBI single to extend SHU's lead to 6-3. After a wild pitch allowed runners to advance to second and third, Lantz continued the offensive outbreak with a 2RBI single that gave SHU an 8-3 advantage at the end of 7th.

The Pioneers concluded their

scoring in the bottom half of the 8th inning when Schilkowski hit another RBI single and give SHU a 9-3 lead. Schilkowski finished the game with 3 hits, for the second straight day.

Rob McKee pitched 4 flawless innings while earning the win for the Pioneers, allowing just one hit, and striking out 3. The second game of the mini-series featured good pitching for SHU, as well as more offense. Sacred Heart had another good day with the bats and added 11 more hits to the stat book for the year.

SHU jumped on top of Detroit-Mercy in the top of the 3rd inning. Chris Vartuli started off the 3rd with a leadoff double. Vartuli advanced to third base on an Andrew Cutrone groundout. After a Joe Santacroce strikeout, Delmonico had an RBI single that scored Vartuli and gave SHU a 1-0 lead.

Detroit-Mercy refused to go away however. In the bottom of the 5th inning, Detroit was able to get a run off of Sacred Heart starting pitcher Adam Dinihanian

See "Offensive Surge" Page 12

SHU
ATHLETICS



March Madness!

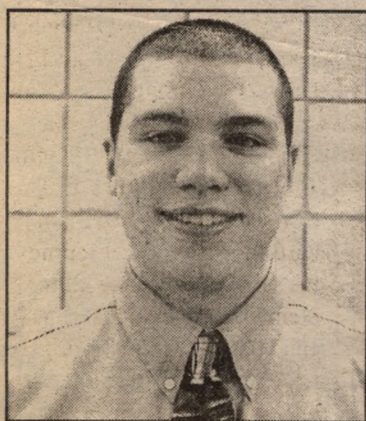


Photo by Susan Magnano

Hank weighs this year's NCAA competition and predicts the big upsets.

By Hank Gargiulo
Sports Columnist

Is there a better sports month than March? Some may prefer the crisp October nights and the World Series, or others the cold January nights and the Superbowl, but for me, I love March. We have the NHL playoff race heating up, the Final Four tournament and for the select few college hockey fans, the Frozen Four tournament. And where better to start than the namesake for March Madness, college hoops.

Who doesn't enter the office pool for the tournament? The endless debates over which Cinderella is going to wear the golden slipper and which number one seed is going to go down early. And is there anything more exciting than some underdog heaving a last second buzzer beater and storming the court? Who doesn't remember Bryce Drew and the 14 seed Valparaiso beating the three seed Ole Miss in 1998.

Every year there is the upset. The game where the national powerhouse lets some lowly mid-major, who only made the tourney by winning its conference, hang around a little too long. The powerhouse seems to be in control till about the two minute mark, when the mid-major just doesn't stop coming. And then

it happens; the mid-major hits an improbable shot to shock the powerhouse. Now tell me there is something more exciting than this!

Looking at the brackets this year I would NOT want to be in the West bracket. Arizona, Kansas and Duke! Aren't all three teams good enough to get to the Final Four? Throw in pesky teams like Gonzog, Notre Dame, Creighton and Illinois and this is by far the most difficult bracket to come out of. And how does the selection committee put Arizona a one seed and Kansas a two in the same bracket? My potential sleeper out west is Creighton. It won't be easy for them, as they are looking at Duke in the second round and most likely Kansas after that.

The Midwest region might not have the same clout as the West region, but could prove to be one of the most interesting. Top seed Kentucky is looking at a tough match up in the second round no matter the outcome of the 8-9 Oregon and Utah match up. There are a number of potential upsets looming in this bracket, starting with Weber State, Tulsa and Southern Illinois. I know, all three won't upset, but would anyone be really shocked if they did?

Wisconsin has some question marks, Dayton seems to be ripe for a let down and the Saluki's of Southern Illinois will be a tough out for Missouri. And look out for 15 seed Wagner, they probably won't beat Pittsburgh, but watching head coach Dereck Whittenburg is always entertaining (trust me on this one).

Over in the South region Texas takes the top seed in another somewhat light bracket. I have no confidence in Florida, who could be this year's major first round upset. Maryland, the defending champs, are a six seed and aren't close to being the same team they were last year, Xavier can do some damage, but probably won't, Stanford too.

Connecticut, on the other

See "Madness"
Page 14

Sacred Heart Broken

The Sacred Heart men's hockey team upset in the first round of the MAAC playoffs by the Bentley Falcons 2-0.

By Henry Gargiulo
Sports writer

An aggressive fore-check and a pair of second period goals propelled the Bentley Falcons over the Sacred Heart Pioneers in the first round of the MAAC Hockey league tournament. "It was just one of those things that you can't explain, why the outcome was the way it was," head coach Shaun Hanna said.

"The guys put in a real solid effort," Hannah said, "they have to be proud of their effort and what they accomplished, especially the seniors. They can go out with their chins up."

After an intense, but scoreless first period, Joe Lovell (Junior, Norwood, MA) broke the deadlock on the power play 4:55 into the second period.

A crosscheck by Brad McFaul (Sophomore, Calgary, AB) set up the man advantage situation for the Falcons who quickly took advantage of the situation. Paul Markanian (Freshman, Quincy, MA) sent a cross-ice pass to Lovell, who was able to beat Pioneer goalie Eddy Ferhi (Senior, Charenton, FR) to the near post.

Bentley would extend their lead to 2-0 when they got a lucky deflection in front of Ferhi. Jake Plattner (Freshman, Millersville, MD) sent a centering pass from the left face-off circle to teammate Ryan Lessnau (Freshman, Detroit, MI) who was tied up by a Pioneer defender. The puck caromed off Lessnau's skate and past a sliding Ferhi who was unable to change direction after the deflection.

In the third period Bentley backed off their aggressive fore-check, which opened the door for the Pioneers to try to get back into the game. They responded with putting 12 shots on Falcon goalie Simon St. Pierre (Sophomore, Montreal, QU), and with just 3:53 remaining the Pioneers got what looked to be their first goal.

Senior Nick Nutter (Hamden, CT) sent a slap shot toward the net, which was deflected down by Lloyd Tennant (Senior, Billings, MT) and past St. Pierre. After some discussion by the referees they decided the goal would be disallowed because Tennant's stick was too high in the air when he deflected the puck.

Sacred Heart would continue to put pressure on Bentley's defense, but were unable to put a goal past St. Pierre, who finished with 28 saves. "We were able to generate a lot of scoring opportunities in the third period, but things just weren't bouncing our way," Hannah said. "We had the goal called back at the end on a high stick. It was just one of those nights where I thought we did a lot of good things out there and put ourselves in a position in the third period to steal the win," he added.

"The guys put in a real solid effort," Hannah said, "they have to be proud of their effort and what they accomplished, especially the seniors. They can go out with their chins up."

"We were able to generate a lot of scoring opportunities in the third period, but things just weren't bouncing our way," Hannah said.

The Pioneers finish the season 14-15-6 overall and 13-10-3 in the MAAC conference. The MAAC Tournament will continue tomorrow, Mar 21, at Tait Rink in West Point, NY as Mercyhurst takes on Bentley, and Quinnipiac takes on HolyCross. Game times have yet to be announced.

Women's Lacrosse

The Sacred Heart women's Lacrosse team walked past the Albany Great Danes 15-10 this past Wednesday

By John Antignani
Sports Writer

The women's lacrosse team turned up the heat on a frigid afternoon by downing the Great Danes of the University of Albany on Wednesday afternoon with an impressive 15-10 victory.

The Pioneers started out a little sluggishly, but senior Jenn Girouard (South Windsor) tied the game at 6-6 with a pair of goals as the first half expired.

As the second half got underway, the momentum began to build. Sophomore Mary Romano (Baldwin, NY) scored two goals, while junior Christina Macchia (Carle Place, NY) also contributed a pair.

"The first half we were a little flat, in the second we came out on fire," said Head Coach Laura Korutz. "If we can be consistent, we'll have a great year," she added.

Junior goalkeeper, Amy Lavoie (Nashua, NH) combined reflexes, skill, and agility in recording 11 saves on the day. "The defense played well, pressuring Albany into a lot of mistakes. It's hard to say who the standouts on defense were because they all did so well, but [sophomore] Lindsay Travis (Mahopac, NY) hustled like crazy and picked up a bunch of interceptions, as did senior Terri Blum (Carle Place, NY)," said Lavoie.

"Only four teams make the NEC's, so all conference games are important," Korutz explained. "We only play each team once and there are nine teams in the conference including us."

"Everyone on the team is striving for the Northeast Conference Championships since we're hosting it," said Assistant Coach Kim Banner.

"The difference this year, is that everyone is healthy at this point due to a well-designed weight program that coach Banner has set up. She's done an outstanding job with it, everyone is happy," Korutz said.

"We're looking to set the tone against Holy Cross, which is our next game," said Banner, as both coaches exchanged confident glances.

The Pioneers travel to Holy Cross on Wednesday, Mar 19 for a 3 pm game.



Seniors Lead as Pioneers Attack Season

INSIDE SPORTS

COLUMN OF HANK GARGIULO
Hank gives his personal predictions for the NCAA Men's Basketball tournament. (Pg. 15)

MEN'S HOCKEY
Hockey falls to Bently in first round of MAAC tournament. (Pg. 15)

KRISTIN ECKERT
Shows she has the grit and determination to become one of the best. (Pg. 13)

MEN'S BASEBALL
The men get a hitting hot streak and beat Detroit-Mercy 9-3. (Pg. 14)

WRESTLING
Four SHU wrestlers head to the nationals. (Pg. 13)

VOLLEYBALL
Men keep their playoff hopes alive. (Pg. 13)

PIONEER SENIORS

Daniel DeVoe	Mid
Paul Lyons	D
TJ Hutmacher	Att
Stephen Grabow	Mid
Erick Perez	Att
Jason Walsh	D
Shawn Donnelly	D
Chris Swier	Att
Jonathan Bagwell	Mid
Rob Russo	Att



Photos by Christopher Giarrusso

(Left): Sacred Heart senior, mid-fielder Stephen Grabow warms up prior to the Pioneer's game against Butler University this past week. Grabow had three goals and two assists against Butler and has been instrumental to the Pioneer's success during the past three SHU seasons. (Above): Sacred Heart head coach Tom Mariano paces the sidelines during SHU's recent contest with Butler University. Mariano is highly optimistic about his team's upcoming season.

See the story inside on
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